

红楓傳奇

Chinese Canadian Legend

2018

第十九輯 Volume 19

You and Me -

Let's make Legends together



Chinese Canadian Legend 2018

presented by

Asian Business Network Association

Honourary Patrons

The Honourable Dr. Vivienne Poy

The Honourable Philip Lee

Organizing Committee Co-Chairs

Dennis Au-Yeung

Alexandra Ngan

Selection Committee Chair

Stanley Kwan

Editorial Committee Chair

Stephen Siu

Operation Committee Chair

Glenn Chan

President

Asian Business Network Association

Bammy Wong

Secretary

Viola Poon

Contents







THE GOVERNOR GENERAL · LA GOUVERNEURE GÉNÉRALE

Congratulations to those being honoured with the Chinese Canadian Legend Award, presented by the Asian Business Network Association (ABNA).

The men and women receiving the Chinese Canadian Legend Award have contributed to our country in remarkable ways, particularly within the Chinese-Canadian community. They are defined by their leadership and their commitment to excellence.

The stories of all those who have won awards from ABNA in the past—more than 100 so far—are collected in a book series and made available to post-secondary institutions across Canada. These collections encourage individuals to take an active role, to help their community and to strengthen the spirit that makes Canada special.

I wish all the honourees the very best as they continue to have a significant impact in the Chinese-Canadian and the wider Canadian community.

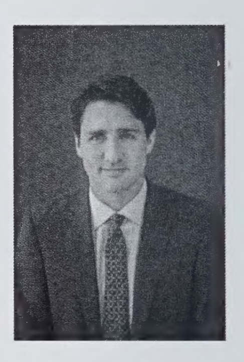
Julie Payette

1 SUSSEX DRIVE · 1, PROMENADE SUSSEX
OTTAWA · CANADA · K1A 0A1 · WWW.GG.CA





PRIME MINISTER · PREMIER MINISTRE



November 17, 2018

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the Chinese Canadian Legend 2018 Award Gala, hosted by the Asian Business Network Association (ABNA) Board of Directors.

This annual event shines a spotlight on outstanding Chinese Canadians who have made significant contributions to the community. I would like to join you in congratulating this year's award recipients for their hard work, determination and remarkable achievements. I am certain that everyone in attendance will be inspired by their stories.

I would also like to thank the ABNA for its commitment to supporting growth and prosperity in the Chinese-Canadian business community, and for fostering ties of friendship and trade between our two countries.

On behalf of the Government of Canada, I offer my best wishes for a most enjoyable and memorable gala.

Sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.
Prime Minister of Canada







中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
240 St. George Street, Toronto, Ontario, Canada M5R 2N5 Tel: 416-964-7260 Fax: 416-324-6468

贺　信

值此华商网络协会举办第十九届“红枫传奇”颁奖晚宴之际，我谨代表中华人民共和国驻多伦多总领事馆表示热烈祝贺！

百余年来，旅加华侨华人根植加国，情系中华，在政治、商业、科教、文卫及慈善事业等各领域缔造精彩传奇，为加经济发展、社会进步和中加友谊与合作做出杰出贡献。此届“红枫传奇”以“你我同心缔传奇”为主题，共有六位华人杰出代表获得殊荣。相信在他们事迹的激励下，在大家的共同努力下，旅加华侨华人将会为促进中加友好，共创更美未来，缔造更多传奇。

预祝 2018 年“红枫传奇”颁奖晚宴取得圆满成功。

韩涛

中华人民共和国驻多伦多总领事

2018 年 11 月 17 日







Premier of Ontario - Premier ministre de l'Ontario

November 17, 2018

A MESSAGE FROM PREMIER DOUG FORD

I'm delighted to extend greetings to everyone attending the Chinese Canadian Legend 2018 Awards Gala, hosted by the Asian Business Network Association.

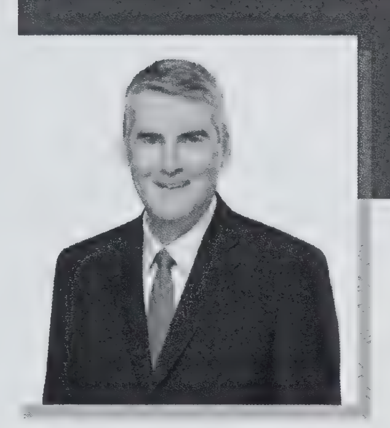
The Chinese Canadian role models being honoured today make clear what a difference people can make in this great province of ours. Congratulations to the individuals being honoured for their achievements and for being outstanding examples of this year's gala theme, "you & me – let's make legends together."

I'd like to take this opportunity to thank the Chinese community in Ontario for its many significant achievements and contributions. I also commend the Asian Business Network Association for promoting and recognizing excellence within the community and for inspiring others by publishing the stories of award recipients.

I hope everyone has a terrific gala.

Doug Ford
Premier





Premier's Message

On behalf of the Province of Nova Scotia, it is my pleasure to extend best wishes to the Asian Business Network Association and to welcome everyone to the 19th annual Chinese Canadian Legend Awards Gala.

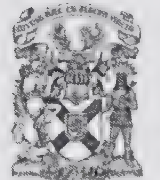
We are fortunate in Nova Scotia to have a close relationship with China, and to be a home to a growing Chinese community. They are an essential part of the economic and cultural fabric of our province and the community is one we value and appreciate.

Congratulations to the recipients of this year's awards. I want to thank you, on behalf of Nova Scotians, for the outstanding contributions you have made to our province and for inspiring all of us to make our communities stronger.

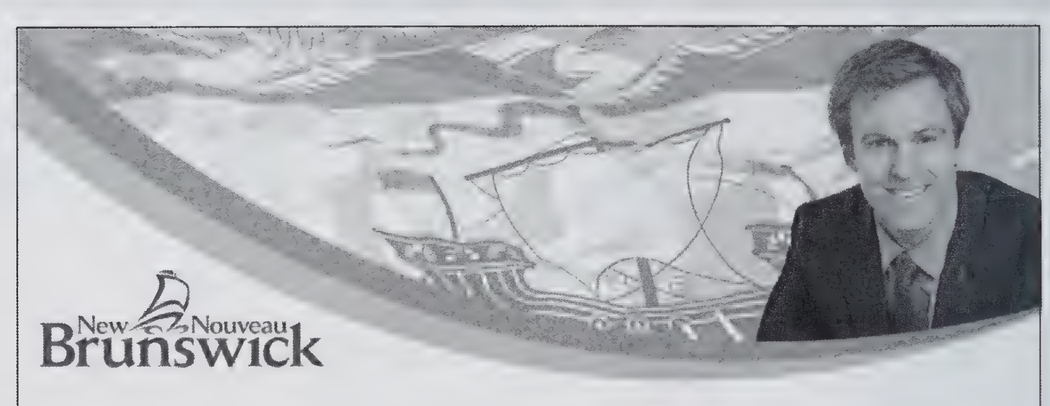
Sincerely,

Stephen McNeil

Honourable Stephen McNeil, M.L.A.
Premier







On behalf of the province of New Brunswick, we would like to extend our thanks to the Asian Business Network Association (ABNA) for hosting the 18th annual Chinese Canadian Legend Award Gala. This esteemed event highlights some of our countries most influential and dedicated citizens.

The Chinese Canadian Legend 2017 Award Gala is a wonderful opportunity to recognize the contributions of Chinese Canadians, whose achievements in their respective fields and communities have helped to move both industry and humanity forward.

Supporting diverse and vibrant communities is a priority of our government. We are blessed to live in a beautiful part of the country, one that is culturally rich and holds tremendous potential for growth. We are proud of the many Chinese citizens living and flourishing in our province, contributing to New Brunswick's cultural mosaic, innovation and economic growth.

On behalf of the Government of New Brunswick, congratulations to all 2017 Chinese Canadian Legend award recipients. We look forward to working with you to build a better and brighter future in New Brunswick and across Canada.

Au nom du gouvernement du Nouveau-Brunswick, nous remercions l'Asian Business Network Association (ABNA) d'avoir organisé le 18e gala annuel de remise du prix Chinese Canadian Legend Award. Cette activité réputée présente divers citoyens parmi les plus influents et dévoués de notre pays.

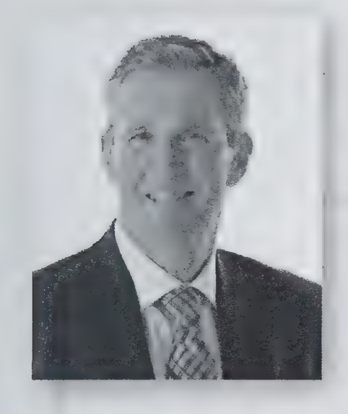
Le gala offre une excellente possibilité de reconnaître les contributions des Sino-Canadiens dont les réalisations dans leurs collectivités et leurs domaines respectifs ont aidé à faire progresser l'industrie et l'humanité.

Appuyer des collectivités diverses et dynamiques est une priorité du gouvernement. Nous sommes privilégiés de vivre dans une belle partie du pays, riche sur le plan culturel et présentant un immense potentiel de croissance. Nous sommes fiers des nombreux citoyens d'origine chinoise qui habitent et prospèrent dans notre province, contribuant ainsi à la mosaïque culturelle, à l'innovation et à la croissance économique du Nouveau-Brunswick.

Au nom du gouvernement du Nouveau-Brunswick, nous félicitons tous les lauréats du prix Chinese Canadian Legend Award de 2017. Nous nous réjouissons à l'idée de travailler avec vous afin de bâtir un avenir meilleur au Nouveau-Brunswick et au Canada.

Brian Gallant







PREMIER OF MANITOBA

Legislative Building
Winnipeg, Manitoba CANADA
R3C 0V8

A MESSAGE FROM THE PREMIER

On behalf of all Manitobans, I am honoured to extend greetings those attending the Chinese Canadian Legend 2018 Award Gala. I also convey my warmest congratulations to each of tonight's award winners.

The Chinese Canadian Legend award is a prestigious honour that recognizes meaningful achievements and contributions by members of Canada's Chinese community. The fact that just 112 individuals have received the award since 2000 speaks to its exclusive nature, evidenced by the impressive accomplishments of each recipient.

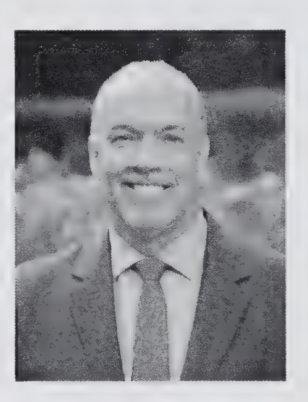
Finally, I also thank and congratulate the Asian Business Network Association (ABNA) for hosting tonight's event, and for its long history of promoting stronger economic and cultural ties between Canada and Asia. I wish the ABNA and its members continued success in the future.

Brian Pallister

The Honourable Brian Pallister







A MESSAGE FROM

PREMIER JOHN HORGAN

As Premier of the Province of British Columbia, I am please to extend my warmest welcome to readers of the 19th Edition of *Chinese Canadian Legend.*

This year's theme, You and Me – Let's Make Legends Together, recognizes Chinese Canadians who have not only overcome challenges and strived for self improvement, but have contributed to their communities and serve as an inspiration to others. The stories within these pages showcase six outstanding individuals who now join the esteemed company of 112 previous recipients of this prestigious award.

I commend each of the 2018 inductees as they are all exceptional role models for our future generations. Among them are two doctors, an entrepreneur, a philanthropist, a Senator, and a line dance teacher. Their experiences have been quite different, but they each promote the spirit of charity and have had a significant impact on the world around them. I would like to thank them all for their service, as it is the cumulative contributions of each passionate community member that will ultimately ensure a better future for everyone.

Congratulations, again, to those being honoured. I wish the very best for your continued success, and I have no doubt that your stories will motivate others to become legends, too. And, thank you to the Asian Business Network Association for initiating this award that recognizes the contributions of these amazing individuals who inspire us all.

Have a wonderful night of celebration!

John J. Horgan

HONOURABLE JOHN HORGAN
PREMIER OF BRITISH COLUMBIA







Premier of Saskatchewan
Legislative Building
Regina Canada S4S 0B3

Message from the Premier

On behalf of the Government of Saskatchewan, I am pleased to welcome everyone to the 19th Annual Chinese Canadian Legend Award Gala.

This annual celebration honours notable Chinese-Canadians who have made significant contributions to their local communities and throughout Canada. Since 2000, over one hundred individuals have received this prestigious award for their outstanding achievements in their respective fields. This year, we have the opportunity to recognize six recipients who are further strengthening the Chinese community, as well as our province, culturally, socially, and economically.

Congratulations to the Asian Business Network Association on your long-standing support for this annual event and ongoing service to all Chinese-Canadians. Thank you also to all volunteers, sponsors, presenters, and attendees, without whom this event would not be possible.

Best wishes for a memorable celebration.

Scott Moe
Premier

pcu-regina





MESSAGE FROM THE PREMIER OF ALBERTA

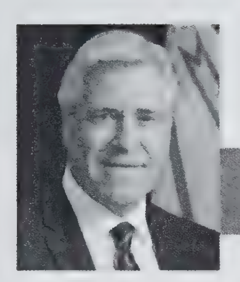
On behalf of the Government of Alberta, I am pleased to bring greetings to readers of the 19th Edition of the Chinese Canadian Legend recognizing outstanding role models in the Chinese-Canadian Community.

I am delighted to join with the Asian Business Network Association in celebrating six amazing individuals: Dr. Gabriel Chan, Dr. Angela Cheung, Mr. Irwin Li, Mrs. Susan Wong, Senator Yuen Pau Woo and Mrs. Winnie Yu. I am encouraged to learn about their backgrounds, strengths and accomplishments, and the remarkable contributions they are making to our country.

In this edition, you'll read about these six leaders whose exemplary actions will continue to inspire kindness, charity and entrepreneurship for generations to come. Whether through dance, research, health care, philanthropy or enterprise, the awardees' actions have made a difference. I commend the recipients' ongoing efforts and thank the Asian Business Network Association's for highlighting the great work being done by Chinese Canadians.

Rachel Notley, Premier of Alberta





MESSAGE FROM THE PREMIER

Welcome to the 2018 Chinese Canadian Legend Award Gala.

Canada formed out of a diversity of cultures, evolving into a society that promotes inclusive identities and integration through generosity, kindness, and sincerity to our values and principles.

The 2018 recipients of the Chinese Canadian Legend Award – Dr. Gabriel Chan, Dr. Angela Cheung, Mr. Irwin Li, Mrs. Susan Wong, Senator Yuen Pao Woo and Mrs. Winnie Yu – are emblematic of the theme for this year's event 'You & Me – Let's make Legends together.' Each has worked extremely hard, making tremendous contributions to their community, while creating a legendary story of their lives. The six recipients have become role models in the Chinese community, and their involvement has impacted mainstream society in Canada.

In Newfoundland and Labrador, members of the Chinese community are an integral part of a diverse cultural fabric, contributing to our province's history and identity.

On behalf of the Government of Newfoundland and Labrador, I congratulate and salute all attendees of the gala for their contributions to our wonderful country.

Hon. Dwight Ball
Premier

gov.nl.ca

Newfoundland
Labrador





Government of Northwest Territories   Gouvernement des Territoires du Nord-Ouest

BY EMAIL

Mr. Bammy Wong
Board Chair
Asian Business Network Association
UNIT 44, 145 ROYAL CREST COURT
MARKHAM ON L3R 9Z4

Ms. Viola Poon
Secretary
Asian Business Network Association/
Chinese Canadian Legend Committee
UNIT 44, 145 ROYAL CREST COURT
MARKHAM ON L3R 9Z4

Dear Mr. Wong and Ms. Poon:

Greeting Meeting Request

Thank you for your kind invitation to submit a greeting for the upcoming edition of the Chinese Canadian Legend book. Please use the following message:

> I am very pleased to recognize the recipients of this year's Chinese Canadian Legend Award. Chinese Canadians make important contributions to our society, in all areas of endeavour. This year's recipients encompass a remarkable range of achievement, but they all share a commitment to community service. Caring for and supporting our neighbours is a fundamental Canadian value. These recipients, through their dedication to others, are role models for all Canadians, and I congratulate them on receiving this award.

As requested, I have attached a photo.

My best wishes for a successful awards gala in November. Once again, my congratulations to this year's award recipients.

Sincerely,

Robert R. McLeod
Premier

Attachment

c. Mr. Gary Bohnet
Principal Secretary

www.gov.nt.ca

賀辭
Greetings





Hong Kong Economic and Trade Office (Toronto)
The Government of the Hong Kong Special Administrative Region
香港特別行政區政府駐多倫多經濟貿易辦事處

November 17, 2018

On behalf of the Hong Kong Economic and Trade Office (HKETO), I would like to extend my warmest greetings to everyone attending the 2018 Chinese Canadian Legend Award Gala organised by the Asian Business Network Association (ABNA).

Since its inception in 1994, ABNA has been actively fostering closer business links between the Chinese and mainstream communities. In 2000, ABNA launched the first Chinese Canadian Legend Award to recognise outstanding role models in the Chinese community in Canada. Over the years, more than 100 awardees have received the accolades.

2018 marks the 19th Anniversary of the Award. I would like to extend my warmest congratulations to the six award recipients of this year for their outstanding contribution to the society. I am sure their stories would inspire other individuals to follow their pathways to serve Canadians whom they love. May I wish the Gala a great success.

Kathy Chan
Director

174 St. George Street, Toronto, Ontario M5R 2M7 Tel: (416) 924-5544 Fax: (416) 924-3599
Web Site: www.hketotoronto.gov.hk E-mail: info@hketotoronto.gov.hk



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

"Alone we can do so little;
together we can do so much"

Chinese Canadian Legend starts with you and me. While we celebrate the achievements of our 2018 Chinese Canadian Legend award recipients, we wish to express our gratitude to each and every one of YOU for being there for us throughout all these years. **Chinese Canadian Legend belongs to you and me.**

YOU & ME, Let's make Legends together!

"你我同心締傳奇"

紅楓傳奇由你我同締造，紅楓傳奇是屬於大家的，沒有你們，就沒有紅楓傳奇，衷心感謝大家一直以來給我們的支持和鼓勵，希望我們繼續攜手「你我同心締傳奇」。

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair

MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE



Dear Friends,

I am honoured to co-chair the Chinese Canadian Legend once again this year.

Since the inception of this event 18 years ago, the Asian Business Network Association has had the honour of recognizing more than 100 outstanding Chinese Canadians for their achievements and contributions to their communities. They have inspired us in many varied and diverse ways and The Asian Business Network Association has been privileged to recognize them at this event.

Every year it becomes increasingly difficult to select the recipients of the Chinese Canadian Legend Award among the many deserving people who work tirelessly to better their communities and Canada as a whole. Those selected will join our list of outstanding individuals who have been recognized for their contributions.

The theme of this year's event "You and Me, Let's Make Legends Together" embodies the idea that by working together and collaborating to achieve a goal we can accomplish so much more than on our own. The spirit of cooperation has always been an important part of communities across Canada and the 2018 Chinese Canadian Legends exemplifies this idea.

I take great pride in congratulating the 2018 Chinese Canadian Legend Award recipients on their well-deserved achievements. I hope their success stories will continue to inspire and motivate our next generation.

In closing, I would like to thank the Selection Committee, Organizing Committee and all of the truly dedicated volunteers. Your tireless work ensures that the Chinese Canadian Legend continues to be a great success.

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

The annual Chinese Canadian Legend Award has continuously received special attention from both the community and the media in Canada as one of the most credible organisations to recognize outstanding leaders from the community.

With so many volunteers and leaders in the Chinese community, it is a big challenge for the Selection Committee to select six individuals out of the many nominees. With 24 members making up the Selection Committee, many of whom are former Chinese Canadian Legend award recipients and individuals with good knowledge of the community; the Selection Committee worked through a long process to select the award recipients on a fair, equitable and unbiased basis.

During the process, the Selection Committee considered the various life experiences that these nominees have gone through and contributions they have made to the community, the country or the world; while their political and religious backgrounds are not being considered. After signing a confidential agreement for not disclosing any information outside the selection meeting, the members openly and freely discussed the backgrounds and contributions of each nominee. Each nominee was evaluated by the Selection Committee on a no name basis and these evaluation reports were then summarized and tabulated by an independent auditor during the meeting to ensure the entire selection is transparent and fair. Because of this rigid procedure, we have experienced minimal disagreements when the award recipients are announced each year.

Through this book, the stories of these six community leaders are being put forward; we hope others would be inspired and encouraged to follow their footsteps to make this a better world for all of us.

Stanley Kwan, FCPA, FCA, MBA
Chair Selection Committee

甄選團
SELECTION COMMITTEE

Chair

Stanley Kwan

Members

Dennis Au-Yeung
Glenn Chan
Sunny Ho
Annie Kwok
Alan Kwong
Allen Leung
Ida Li
Lusan Li
Stella Li
Andre Mak
John Man
Albert Ng
Alexandra Ngan
Viola Poon
Marianne Siu
Stephen Siu
Benson Sy
Camilla Tong
Teresa Tsui
Kenny Wan
Bammy Wong
Connie Woo
Judy Yeung

Auditor

William Ip, CA

Secretaries

Peggy Leung
Viola Poon



編輯委員會主席
蕭顯揚

你我同心 其利斷金

我還記得「溫拿五虎」一首流行曲的歌詞：「同心做事情，齊心就事成。」而《易經．繫辭上》說：「君子之道，或出或處，或默或語，二人同心，其利斷金。」聖經羅馬書十五章亦說到「彼此同心」和「彼此接納」。

就憑着這「你我同心」的信念，「紅楓傳奇」的全體同仁，在過去十八個春秋以來，團結一致，共同努力，把紅楓傳奇人物獎辦起來，成為加拿大華人社區備受關注的獎項。

在今屆「紅楓傳奇」的新聞發佈會上與記者們談起「你我同心締傳奇」的主題時，我指出：像齊家、治國、平天下一樣，「你我同心」有不同的層次。

當年國父孫中山先生曾感嘆孤掌難鳴，呼籲要萬眾一心、團結一致、聯合世界。他在遺囑中說：「余致力國民革命凡四十年，其目的在求中國之自由平等，積四十年之經驗，深知欲達此目的，必須喚起民眾，及聯合世界上以平等待我之民族共同奮鬥。」諺語說：五人團結一隻虎，十人團結一條龍。要一個國家穩定，國人必須你我同心，築起堅不可摧的城牆。

中國人一代又一代，一再又一再，追求安居樂業，和諧和小康。但在中華民族幾千年的王朝興替裏，這夢想都被「一盤散沙」所擊破。我們可以說，中國在1949年以前，都不是嚴格意義上的近代國家，因為它存有很強烈的一盤散沙傾向。直到

新中國成立，統一五十六個民族，國家才富強起來，人民才可以和睦生活在祖國的大家庭裏。

遇到任何困難，只要團結一致，齊心協力，就一定能克服困難。一只筷子容易折斷，十根筷子就很難折斷。在現實中，團結的力量永遠是最強大的。

在四川汶川大地震中，許多人被埋廢墟，頓時整個中國、甚至包括加拿大在內的世界很多地方，立即投入到眾志成城、抗震救災的大洪流之中，發揚了你我同心、相互幫助的美德。天災無情，人間有愛。無數的志愿者不休不眠，面對災難，中國人民緊密團結，成為一股強大力量，戰勝了自然災害。「人心齊，泰山移。」團結齊心就是在黑暗裏的一盞明燈。

對多倫多來説，最好的「你我同心」例子是2003與「非典型肺炎」的抗爭。在那行動中，我適逢其會地擔任了「社區關注SARS聯盟」的秘書長，聯盟史無前例地組織了六十三個華人團體，你我同心、集中力量，在提高公眾對SARS的認識之同時，致力消除對SARS的誤解，讓公眾知道正確的自我隔離守則，共同對抗因SARS給本地經濟的打擊。團結的力量是無法想象的，不管努力的目標是什麼，同心協力永遠是成功的關鍵。

今晚六位得獎人正是「你我同心」的最佳例子。正如其中的陳飛鵬醫生的經驗之談：「團隊合作並不容易，當中要忍耐、磨合。磨合的過程很辛苦，但沒有團隊合作，就不能成就更大的事，不能去服務更多人。」

你我同心手牽着手，并肩努力，追逐夢想，才能在心中形成永久的光明。同程同行，你我同心締傳奇。



MESSAGE FROM THE PRESIDENT

For the past 18 years, one of the highlights of the year for me is to celebrate the fruition of the Chinese Canadian Legend Award project, each year in a refreshing way with a uniquely inspiring collage of individuals.

It all started in 2000 with a group of passionate people saying to each other: "You and I, Let's make legends together!" Such passion and commitment have kept us going year after year as we honour individuals who contributed remarkably to the community in their own way.

Throughout the years, we have also benefitted from the generous support and genuine advice from the community at various levels, which had greatly enhanced and enriched the Award. In turn, CCL is building a legacy that's interwoven with not just the Chinese community but also the Canadian society, crossing cultural, historical, and geographical boundaries.

This year's theme aptly embodies the spirit of CCL in coming together with joint efforts, celebrating the triumph of excellence, and sharing these triumphant stories with the community.

It starts with you and me, but it doesn't stop there. In the years to come, let us continue to work MORE together, explore MORE new opportunities, and create MORE powerful community voices.

I believe I can count on each of you to support us in your own special way, just as I have counted on our team members - the CCL working committees and our volunteers. I would like to thank them for their commitment to excellence, their courage to face challenges and their persistence in getting things accomplished.

You and I, let's make MORE legends together!

Bammy Wong

President
Asian Business Network Association



The mission of the Asian Business Network Association (ABNA) is to promote harmonious community relations and recognize role models in the Chinese Community.

ABNA is a non-profit organization established in 1994. Activities include the Chinese Canadian Legend Award Project, charity activities and partnering with other community organizations to provide community services. In 2000, ABNA initiated the Chinese Canadian Legend Award to recognize and honour Chinese Canadians who have attained outstanding achievements and significant contributions to our global community and Canada. Recipients receive accolades with the presentation of an award at the Award Gala and their inspiring stories are published in the Chinese Canadian Legend book series. These book collections are being kept in the Richard Charles Lee Canada-Hong Kong Library at the University of Toronto, as well as the libraries at University of Ottawa, University of British Columbia, Simon Fraser University, University of Victoria, McGill University. In addition, beginning this year, the collections are being kept in the Hong Kong Central Library, the libraries of the University of Hong Kong, Chinese University of Hong Kong, Hong Kong Baptist University, the Hong Kong University of Science and Technology, Hong Kong Polytechnic University,Chu Hai College of Higher Education and Canadian International School of Hong Kong. In the last 18 years, over 100 individuals have received the award.



The Asian Business Network Association (ABNA) has supported or contributed to the following charitable organizations and projects since Year 2000:

Across-U-Hub

Canadian Cancer Society

Canadian Museum for Human Rights

Carefirst Foundation

Chinese Cultural Centre of Greater Toronto

Chinese Family Services of Ontario

Community Coalition in Aid of Alberta Wildfire

Embracing Life

Fu Hui Education Foundation

Hong Kong Children's Symphony Orchestra

Mon Sheong Foundation

Red Cross Canada

Research Workshop 'Cultural Translation & Chinese-Canada Studies' by York University

Smile China

Sports for Kid

Starlight Chinese Opera Performing Arts Centre

Under the Banyan Tree Centre for the
Developmentally Disabled

'Voyage-Struggles & Hopes',
Hong Kong University Students' project in Toronto

Yee Hong Community Wellness Foundation

Endowment Funds:

Canadian Cancer Society Golden Daffodil Endowment Fund

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2018 紅楓傳奇籌委會

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Themes of Chinese Canadian Legend since 2007

2007 缘繫加港締傳奇
It's all in "The Spirit"
Whenever the Spirit Glows, the Legend Grows

2008 憑愛心締傳奇 賦生命予意義
Where there is Love, there is Life

2009 點燃希望締傳奇
Illuminate Hope

2010 乘風破浪覓理想 情繫楓橋締傳奇
To Bridge……

2011 明德格物締傳奇
A Man without Virtue is like A Candle without Light

2012 摘星圓夢締傳奇
Wish upon a Star
Make your Dreams come true

2013 鼓舞人生締傳奇
Drumming up the Spirit of Life

2014 鳳凰展翅締傳奇
Phoenix Reborn, the Legacy Goes on……

2015 活出彩虹締傳奇
Over the Rainbow, the Legend Glows

2016 華麗轉身締傳奇
Change with Change to Succeed

2017 情繫家國締傳奇
Our Country, Our Legends

2018 你我同心締傳奇
You and Me - Let's Make Legends Together



Chinese Canadian Legend Award

紅楓傳奇

2018

Passion • Dedication • Inspiration

In Recognition of Your
Outstanding Achievement and Valuable Contribution
to the Community

Passion • Dedication • Inspiration

Asian Business Network Association

華商網絡協會



Master of Ceremonies

Ying Lu

Dr. Ying Lu graduated from Queen's University Medical School in 1994. She then completed her five-year ophthalmology specialty residency in the Department of Ophthalmology at the University of Toronto, with 6 month glaucoma training under prominent glaucoma specialists Dr. Graham Trope and Dr. Yvonne Buys. Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada, registered as a member of the Canadian Ophthalmology Society and is a Diplomate of the American Board of Ophthalmology.

Dr. Lu is currently the Head of Ophthalmology for Scarborough Hospital. She teaches at the University of Toronto Medical School as a lecturer. Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic and at the Scarborough hospital. Most recently, Dr. Lu performed the First Femtosecond Laser cataract surgery in an Ontario Hospital.

For the past 17 years, she has performed more than 30,000 eye surgeries bringing precious sight back to countless patients. Dr. Lu is affiliated with Mount Sinai Hospital, Toronto Scarborough Hospital and Kensington Eye Institute. As well, she is a member of the international medical faculty of the ORBIS Flying Eye Hospital.

In addition to her busy medical practice, Dr. Lu contributes her time and experience to help people in need. She runs a community outreach eye clinic for Mount Sinai Hospital for the past 10 years. Over the past ten years, she has run an off-site eye clinic at CareFirst where she is an Honorary Advisor. In 2004, she co-founded the ORBIS Canadian-Chinese Advisory Council (CCAC) to facilitate blindness prevention in China's rural areas .

In 2008, Dr. Lu won the Outstanding Professional Achievement Award and the viewers' choice at the Mandarin Profile Award organized by Fairchild Television. In 2009, Dr. Lu was recognized with the Best Community Service Award by the Association of Chinese Canadian Entrepreneurs.

Dr. Lu was one of six recipients of Canadian Chinese Legend Award in 2008. She serves as a member of the selection committee since 2009. Since 2010, Dr. Lu has been the co-chair for the Canadian Chinese Legend Alliance . She is honoured to be involved and support the Asian Business Network Association's commitment to better local and global communities.



Master of Ceremonies

Stephen Siu

Stephen Siu has served the community in different capacities -- as Executive Director of the Chinese Cultural Centre of Greater Toronto, Assistant Director of the Hong Kong Economic & Trade Office, and currently as President of the Yee Hong Community Wellness Foundation.

Stephen started his career as a journalist with the United Press International, and later became Chief Editor of the American news agency's Hong Kong bureau. He then took up a senior editorial position with the Chinese edition of the Reader's Digest.

After joining the Hong Kong Government in 1980, Stephen orchestrated publicity for many major cultural events, including the Festival of Asian Arts and Hong Kong International Film Festival. He also ran promotions for Hong Kong's major museums and performing groups.

He settled down in Toronto in 1988, working as Christian Children's Fund of Canada's Project Consultant, host of Shaw Cable 10's current affairs program, and the 11-city Festival Hong Kong 92's Public Relations consultant.

Stephen was a Board Member of the Chinese Information and Community Services and the Metro Toronto Volunteer Centre; Public Relations Chair of "Serve Canada"; and Trustee of the Scarborough Grace Hospital. When Toronto was hit by SARS in 2003, he led the secretariat of the Community Coalition Concerned About SARS formed by 62 community and business organizations.

He is currently a director of the Telus Community Board of Greater Toronto Area and Little Pear Garden Dance Company, and honourary advisor to several non-profit and cultural groups, including the Richard Charles Lee Canada-Hong Kong Library, Chinese Canadian Photographic Society of Toronto, Ontario Cross-Cultural Music Society, and Ontario Chinese Folk Music Orchestra.

Stephen was given the Rotary's 4-Way Test Award in 2008 for being a role model in the community. He won the Chinese Canadian Legend Award in 2009. In 2010, he received the Arbor Award from the University of Toronto for his outstanding voluntary service. He was recently awarded the Senate of Canada 150 Medal.



作者簡介 WRITER

鍾蕙蘭 Connie Woo

Connie started working with the Chinese Canadian Legend Award Project in 2007 and every year since then, she has been pleased to spend part of her summer working on the English translation of the recipients' life stories.

In addition to working with Asian Business Network Association, Connie sits on the board of Chinese Family Services of Ontario (家和專業輔導中心), a charitable agency funded by United Way and three levels of government to provide settlement and counselling services in the Chinese community. She was past President from 2012 to 2017 and currently still very active on the board.

In 2007, Connie completed the Director Education Program at the Rotman School of Management. As a professional corporate director, she served on the Board of CAA South Central Ontario for twelve years, retiring in 2012. Her information technology career spanned close to thirty years with Toronto Hydro Corporation, where she was Vice-President and Chief Information Officer overseeing the amalgamation of six Toronto area utilities and deregulation of Ontario's electric distribution industry around year 2000.

The recipients of 2018 Chinese Canadian Legend Award stand out with their dedication and devotion to their work and communities. One of this year's recipients, Dr. Gabriel Chan, is the geriatrist for Connie's 91-year-old mother, who attends Yee Hong's memory clinic, one of the many programs founded by Dr. Chan. Connie is extremely grateful to him for the loving care and compassion he shows her mother and in fact, all of his patients.

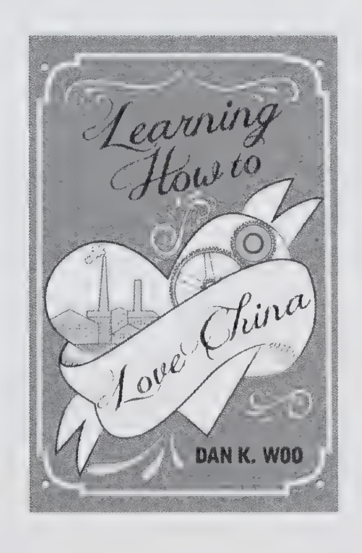


作者簡介 WRITER

胡堅泰 Dan K. Woo

Dan K. Woo is the author of Learning How to Love China, and winner of the 2018 Ken Klonsky Novella Award. He received his B.A. in history from the University of Toronto. Following graduation he lived and worked in various positions for over a decade in Hong Kong and China. He currently lives in Toronto, Ontario with his wife.

"Learning How to Love China by Dan K. Woo is a biting satire of modern-day China and its social hierarchies. Little Comrade, a young woman who struggles with the expectations of her family and the romantic fantasies of a mythical place called Canada, is caught in a cycle of working poverty, and navigates a world that is equal parts tragedy and comedy. Brilliantly funny and slyly political, Learning How to Love China is the 21st century social satire we didn't know we were missing." - Jen Sookfong Lee, radio personality for CBC Radio One, and author of End of the East, The Better Mother, and The Conjoined.





作者簡介 WRITER

金綺文 Annie Qiwen Jin

Annie was born in Kunming, Yunnan Province, China. After graduating with a MA in English Language and Literature from Yunnan University in 1996,she went to work for the Foreign Affairs Office of Yunnan Provincial Government as a liaison officer and interpreter. In 2002, she won the British Council's Chevening scholarship and went to study at the University of London. She received a MA in Cultural Studies the next year. Later she joined Ford Motor (China) Company in Shanghai as a government affairs specialist. She immigrated to Canada and settled in Ottawa in 2009. During the years she lived in Ottawa, she worked as a freelancer communications advisor and translator. In 2013 she accepted a short-term job offer as a communications advisor at the National Arts Centre (NAC), responsible for pitching to media and helping to promote NAC Orchestra's first tour to mainland China.In July 2015, she was taken on as a Public Diplomacy Officer by the Embassy of Canada in Beijing. Her main responsibility there was to advocate Canada's economic and trade-related strength in China through the planning and organizing of related events and managing media relations. She returned to Canada in June 2017 and now lives in Toronto.

She has drafted numerous speeches, official letters and special reports in both English and Chinese for a number of senior politicians and business leaders of China, the U.S. and Canada and has published translation works.

生於中國雲南昆明，1996年自雲南大學獲得英語語言文學碩士學位後進入雲南省政府外事辦工作，從事對外聯系和翻譯工作。2002年獲英國文化委員會“志奮領獎學金”前往英國倫敦大學學習，一年後獲“文化研究”碩士學位。之後進入位於上海的福特汽車（中國）公司政府事務部工作。2009年移民加拿大，定居渥太華，其間從事傳媒及翻譯方面的自由職業，2013年曾應聘為加拿大國家藝術中心交響樂團對中國大陸進行首次巡回演出進行媒體聯絡和宣傳工作。2015年7月應聘至加拿大駐華使館（北京）工作，在公共外交處負責加拿大與中國經濟貿易相關的活動策劃、組織和媒體聯系。2017年6月返回加拿大，現於多倫多居住。

曾為多位中、美、加政商界高層人士起草中英文演講稿、公函、專題報告等，並出版過翻譯作品。



作者簡介 WRITER

陳筱苓 Shirley Chan

Shirley Chan was born in Hong Kong and graduated from the department of Chinese Language and Literature at the Chinese University of Hong Kong and subsequently obtained a Master of Education from there. Shirley worked as a secondary school teacher in Hong Kong. After moving to Canada, she joined the news industry she had been dreaming of for a long time. When working first as a reporter and later an editor in Toronto Ming Pao Daily News, she was inspired through interviewing people from different walks of life and exploring the stories behind the interviewees. In 2010, Shirley was invited as one of the panelists for the forum "The Rise of Ethnic Media", organized by the Canadian Journalism of Foundation.

Reading and writing are Shirley's lifelong passions, she firmly believed that good reading experience can move people's hearts. She works as freelance writer, editor, translator and photographer in recent years, writing various current affairs features, editing website and yearbook for non-profit foundation, and creating recipes for food companies. Although the working formats are different, her passion to convey the deep feeling behind the words to the readers remains the same.

畢業於香港中文大學中國言語文學系，後獲香港中文大學教育學院教育碩士，曾在香港任職中學教師，移居加拿大後，投身嚮往已久的新聞行業，曾任多倫多《明報》記者及編輯，採訪社會不同階層人士，探索每個人背後的故事，深受啟發，獲益良多。2010年參加加拿大新聞工作者基金會論壇《族裔媒體的冒升》，擔任討論講員之一。

閱讀寫作是個人一生志趣，深信美好的閱讀經驗能打動人心，近年以自由工作者身份在社區從事採訪、編輯、翻譯及攝影等工作，撰寫時事專題、人物採訪；出任網站及機構年報總編輯；以及創作及拍攝食譜。工作形式雖然不同，但將深邃的文字感受傳遞給讀者的熱誠仍然不變。



陳飛鵬醫生
Dr. Gabriel Fai Pond Chan

作者：陳筱苓
Writer: Shirley Chan

記掛你的需要　以人為本醫者心

陳飛鵬醫生行醫三十餘年，一直沒有走別人趨之若鶩的坦途。他在香港醫科畢業，沒有選擇到大醫院工作；移民來加後又選了當時冷門的老人科；他在行醫以外，創立了各種醫護計劃和活動，勞心勞力。這一切都來自他怎樣看當醫生的意義——「當醫生不是用做什麼專科，或賺錢能力去定奪價值，而是在於他有否記掛病人的需要」。

陳飛鵬醫生為耆老病人成立了不少醫護計劃，令人明白健康不只單靠醫治，預防、教育、互助、關顧也不能缺少，對於社會上沉默的的弱勢社群——耆老病人更為重要。

學做關心病人的醫生

陳醫生自小已有當醫生的志向，因為外祖父和舅父都是醫生。但在香港唸中學時，他不像當年入醫學院的尖子一般埋頭苦讀，中六時他參加課外活動，身兼多個學會的職位，還要花時間運動，沒有什麼時間讀書，結果成績一般，至中七時才發力追上，但他仍然看重這段參與課外活動的日子：「我經常組織活動，搞宣傳，公開演講，做領隊，就在不知不覺間培養了協作能力，以後在醫院工作時很有用。」

陳飛鵬醫生82年香港大學醫學院畢業，畢業後沒有選擇到大醫院，或一些熱門專科如心臟科工作，因為自己的信仰，他

去了一所基督教醫院工作，在待遇上少了，但在醫學訓練上卻獲益良多。「這是人生的轉捩點，那裏的醫生都是基督徒，人人都帶着使命來工作，鞏固了我以後對工作的看法。」那些歲月縱然物質並不富裕，他和太太擠在醫院二百平方呎的小房間裏，但在醫院卻遇上好些影響一生的良師益友，都是後來在香港備受尊重的醫生。「在那裏病人有問題時，一班醫生會一起討論怎樣去搶救病人，很有團隊精神，我在那裏學懂怎樣做一個醫生，怎樣去關心病人。」陳醫生在五年後即升上高級醫生職位，並同時兼職教學工作。

看到年老病人的需要

90年陳飛鵬醫生與懷孕太太、兩個年幼兒子移民加拿大，他全國四處找工作，見了多個醫院總監，但始終找不到實習機會，也就不能申請加拿大的醫生執照，心裏充滿迷惘，壓力很大，那時他正在加西找工作，想不到這時卻接到多倫多的消息，有兩個實習崗位接受申請，最終陳醫生被其中之一的老人科錄取了。「有些時候人怎樣盡力也沒用，但機會來了卻是你意想不到的。」五年的實習期非常辛苦，經常要捱多晚通宵，陳醫生說這是人生的一個低點，但卻讓他看見投身老人科的意義。

老人科在九十年代初期是一個新的專科，並不熱門，收入也不高，醫生一天看不了幾個病人，陳飛鵬醫生說自己是個快手快腳的人，起初耐性不足，有時也習慣不了慢節拍的老病人，但他逐漸看到了病人的苦痛，在醫院急症室他見到不諳英

語的老人，徬徨無助，淒涼不已。親眼目睹過病人的困境，他的心中開始記掛這些人的需要。「人將醫學商業化，認為不同的專科有不同的賺錢能力。其實醫生幫助病人，是什麼專科並不重要，那只是一條途徑，我看重的是這班病人，那我就不會怕悶，怕他們慢，這種想法幫助了我在老人科的成長。」

改革制度幫助更多人

實習完成後陳飛鵬醫生出任頤康中心老人專科服務總監，稍後再擔任北約克全科醫院（NYGH）老人科主任，由1997年服務至2015年。在當上行政職位後，陳醫生心裏想，怎樣能發揮最大的醫療效果：「我一個人看症看上十九年，一輩子也只可能幫助十萬人，但如果能好好設計醫療制度，就可以幫助一百萬，甚至幾百萬的人。」於是他開始在在醫院裏推動各種計劃，例如NYGH的「預防骨折計劃」便是由他一手策劃，陳醫生在日常診症中遇到跌傷骨折的老人，發覺不少人在嚴重的骨折發生前，都有較輕微的骨折，於是他結合不同的醫院部門，將骨折的年老病人，自動轉介去檢查骨質，防止將來發生更嚴重的骨折問題。另外他又在NYGH老人科及頤康中心老人科推廣預防骨質鬆疏症的“POWER”計劃。

此外陳醫生又倡導成立「柏金遜症健康計劃」、「老人緊急醫護服務」、「醫院日間計劃」、「記憶力診所」、外展隊以及「老人諮詢服務」。另一方面，他又協助其他機構舉辦「慢性病自我管理計劃」；協助士嘉堡西乃山醫院設立保建中心，服務有精神問題的華裔病人。他更一手結合NYGH的的

老人醫科及老人精神科的服務，並協助醫院成立「中央分流」計劃。因着這種種貢獻，陳醫生在2007年至2009年被安省政府「本地醫療整合網LHIN」任命為「老人專科服務委員會」的共同主席。2015年更協助製作一套有關老年人常見疾病的視頻，用來教育病人及社區。

陳飛鵬醫生坦言要成立這些計劃並不容易，特別是經費方面，他試過零下23度拍門找經費遭到拒絕。「很多計劃開始時，找經費都會失敗，但有這一份的熱情，只要嘗試去做，有時等一年，有時等兩年，經費最終就會來。」陳醫生有很多次這樣的經歷，像拍門失敗的組織第二年便為他們提供了經費。「團隊合作並不容易，當中要忍耐、磨合。磨的過程很辛苦，但沒有團隊合作，就不能成就更大的事，不能去服務更多人。」陳醫生認為能夠拉攏不同的團體合作，工作成效更強。

堅持目標苦難變祝福

陳飛鵬醫生相信服務有需要的人是醫生最大的使命，而這種看法有時甚至凌駕在自己的安危之上。2003年當SARS在多倫多爆發時，NYGH是重災區，有不少醫護人員受到感染，陳醫生也被召回醫院進入面臨疫症爆發的病房幫忙，回想當日他承認也有很大的掙扎，他在家裏土庫五小時，看聖經祈禱，最終毅然上陣，因為這是醫生的職責，「沒有消防員在大火前放下救火喉離開，醫生也是一樣。」陳醫生稍後在SARS血清學檢測證實為陽性，2004年他獲頒最高專業獎。

在醫治、行政工作外，陳醫生同時兼顧教學工作，指導過不少醫科生、護理師、實習醫生，他在多倫多大學醫學院擔任助理教授，學生評價他能將複雜的事情簡單具體地演譯出來，陳醫生也憑着清楚明白的講學，三次在NYGH北約克全科醫院被評選為「年度最佳老師」。「教學最重要是講得淺易、通透，不要用上艱深醫學術語，一定要令學生明白。」

如果說老人是弱勢社群，那移民老人更是弱勢中之弱勢，陳飛鵬醫生在老人科的護理中，看到華人耆老除了有語言的障礙，更看到不少因為文化差異而造成的誤差，例如評估老人認知能力的問卷，此外，許多移民耆老也有情緒問題，因為不適應新環境，害怕自己成為兒女的負累，陳醫生希望子女能夠多理解父母。

然而這些受苦的病人，卻正正是陳飛鵬醫生工作的最大動力。「這些病人觸動了我的"Compassion"(憐愛)，因而產生"passion"(激情)去為他們做一點事，這些都是原動力，推行計劃會有很多困難，經費不足，團隊爭執，人有時會很泄氣，但如果看到自己的終極目標，那就能夠堅持下去，由此讓別人得到祝福。」陳飛鵬醫生腦海中還記得一個「甩牙」婆婆，她那燦爛的笑容就是他的最大鼓舞。未來陳飛鵬醫生渴望以不同活動去推廣一個「樂活社區」，讓有需要的人能在義工組織的網絡中得到關顧。



陳飛鵬醫生香港大學畢業照
Graduation from the University of Hong Kong



與太太Roselia
Dr. Chan and wife Roselia



獲頒Dr Morris Siu-Chong最高專業標準的護理服務獎，與家人合照
Receiving the Morris Siu-Chong Award



診治病人中
Gabriel seeing patient



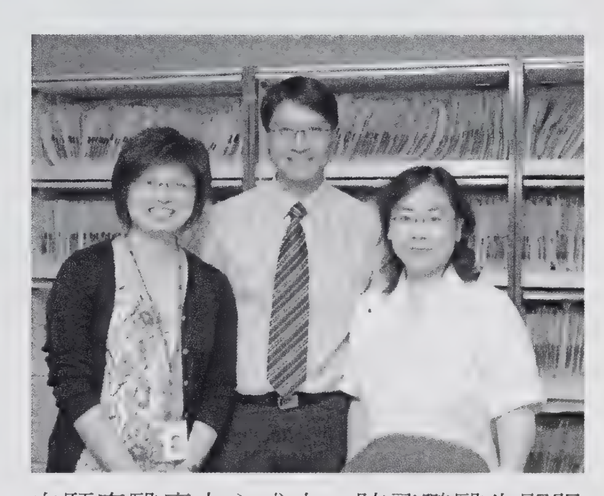
陳飛鵬醫生和太太，以及兒子、媳婦、女兒及女婿的全家福
Enjoy good time with children and in laws-- Michael And his wife, Dr Clara Tsui; Dr Timothy Chan and his wife Dr Lillian Lim; Dr Joanna Chan and her husband, Dr Charles Lim



北約克全科醫院獲頒區域老人科計劃的優異獎項
North York General Hospital receiving excellence award from Regional Geriatric Program



日常工作中與頤康同事一起開會交流
Working with Stephen Siu of Yee Hong Foundation



自頤康醫療中心成立，陳飛鵬醫生即服務於此，圖為他與護士Irene Fung及秘書Eva Lo合照
Gabriel has served at Yee Hong Medical centre since inception of Yee Hong (with nurse Irene Fung, and secretary Eva Lo)



在多倫多大學接受老人科訓練
Received Geriatric training at University of Toronto



出任恩雨之聲董事十年，獲頒嘉許狀
Apprication Award from "Showers of Blessing"

Dr. Gabriel Fai Pond Chan

Dr. Gabriel Chan has been practising medicine for over thirty years. He has never taken the easy road. After graduating from medical school in Hong Kong, he immigrated to Canada, where he chose geriatrics, an uncommon specialty at that time. In addition to practising medicine, he worked hard to establish and develop medical programs and therapeutic activities to improve the quality of life for patients. Gabriel's tremendous effort stems from what being a doctor means to him -- "The value of a doctor is not measured by their specialty, or the level of income, but by how well the doctor takes care of patients' needs.."

For Gabriel, it has always been clear that health is not only based on medical treatment. Prevention, education, mutual assistance and daily care are also indispensable. For senior citizens, who form a more socially silent and vulnerable community, this kind of overall planning is especially important.

Ever since he was a child, Gabriel wanted to be a doctor. Perhaps this was because his grandfather and uncle were both doctors trained in western medicine. However, when he was in high school in Hong Kong, Gabriel did not put the effort he later showed while attending medical school. In grade twelve, he spent most of his time on extracurricular activities, and was a member of several student organizations in addition to playing a lot of sports. He simply had no time to study and as a result his grades were only so-so. Only by thirteenth grade did he begin to take his studies seriously. However, he still regards this period of intense extracurricular activity as important in his personal development: "I often organized activities,

promoted events, made public speeches and took the role of team leader. I cultivated social and collaborative skills without knowing it. These team skills have been quite useful in health care and work within a hospital environment."

Gabriel graduated from Faculty of Medicine of the University of Hong Kong in 1982. After graduating, he took a different path from many classmates who wanted to work in large hospitals or specialize in popular fields like cardiology. Because of his personal beliefs, Gabriel worked for United Christian Hospital, even though he would earn a lower income. This experience taught him a great deal in medical practice. Gabriel said, "This was the turning point in my life. The majority of doctors in the Department of Medicine were Christians. Everyone came to the job with a mission, which confirmed what practising medicine meant to me." He lived very modestly with his wife, Roselia, in a two hundred square foot room in the hospital. There Gabriel found life-long friends and teachers who influenced him profoundly, including some doctors who later became widely known and well respected in Hong Kong. "Whenever there was a problem, a group of doctors would discuss how to help the patient. The effort was always team-oriented. I learned how to be a doctor and care for patients this way." Gabriel rose to be a senior Medical Officer after five years and at the same time held a teaching position.

In 1990, Gabriel, his pregnant wife, and their two young boys, immigrated to Canada. Gabriel looked for work all over the country. He met many hospital directors, but did not receive any residency offers. Unable to work as a doctor in Canada, he felt despair. At that time, Gabriel was looking for a job in Western Canada. He was under great stress. Unexpectedly, two residency positions in

Toronto opened up for applications, and Gabriel was accepted as a resident in geriatrics. "Sometimes people try their best and fail. Then an opportunity arises when it's totally unexpected." The five-year residency was very hard and he often had to work through the night. Gabriel recalled that this was a low point in his life, but it gave him the opportunity to recognize the importance of the field of geriatrics, and shape his character.

In the early 1990s geriatrics was a new specialty. The field was not popular and paid little compared with other specialties. Doctors could only manage to see a few patients a day. Gabriel was used to a fast pace and initially had difficulty adapting to the unhurried ways of caring for his older patients. But as he gradually saw the sufferings of the elderly, Gabriel was moved. Once in the emergency room, he saw an old man who could not speak English, helpless and desolate. Gabriel witnessed the plight of this patient and remembered the needs of these vulnerable people. "Many people commercialize medicine and judge different specialties on their abilities to make money. In fact, which specialty is not important, it is only a means to help patients. If I value a patient, then I will not be bored at work, nor be upset that they are slow. This kind of thinking has helped me grow in geriatrics."

After his residency, Gabriel served as the Director of Geriatric Services at Yee Hong Centre for Geriatric Care and later served as the Head of Geriatric Division at the North York General Hospital (NYGH) from 1997 to 2015. After assuming the administrative role, Gabriel reflected on how he could exert the greatest influence: "If I saw patients for nineteen years, I could perhaps help a hundred thousand people in my lifetime. But if I could design a better medical system, it would help a million or even millions of patients."

So he began to promote and devise various programs in the hospital, such as NYGH's Fracture Prevention Program. During daily consultations, Gabriel realized that many elderly suffered from minor fractures before a severe fracture occurred. So he facilitated different hospital departments to work together to automatically refer elderly patients suffering minor fractures for followup to prevent more serious future fractures and falls.

In addition, Gabriel promoted the "POWER" program: Promoting Osteoporosis Wellness through Education, Research and Resources among NYGH, Yee Hong Centre for Geriatrics Care, and Baycrest Centre for Geriatric Care and Public Health. Gabriel also advocated for the establishment of programs such as Parkinson Wellness Program, Acute Care Unit for Elderly, Day Hospital Program, Memory Clinic, Outreach Team and Geriatric Consultation Services. On top of all that, he has assisted in developing a program called "Chronic Disease Self-management", and helped Mount Sinai Hospital to set up a Wellness Centre to serve Chinese patients with mental disorders. He also integrated NYGH's Geriatric Medicine with Geriatric Psychiatry Services and assisted the hospital in creating the Central Intake Triage program. Because of all these contributions, from 2007 to 2009, Gabriel was appointed Co-chair of Specialized Geriatric Services for Local Health Integration Network (LHIN) of the Ontario Government. In 2015, he helped raise funds and produced video clips on Geriatric Disorders to help educate patients and the community.

Gabriel admits that it is not easy to develop these comprehensive care programs, especially when it comes to funding. "A lot of plans will fail to get funding in the beginning. But with enthusiasm, even if you have to wait a year, even two years, eventually the funding

will come." Gabriel has had many such experiences. He remembers going out one day in minus 23 degrees Celsius weather to solicit funding for a program and was turned down. But the following year, he received funding support for that program. "Teamwork is not easy. One must be patient and willing to compromise. The process of compromise is very hard, but without teamwork, you can't achieve bigger things and can't help more people." Gabriel thinks if he can win over the support of different groups, he will be able to help more people effectively.

Gabriel believes that serving people in need is a doctor's greatest mission and honour, and this view sometimes even overrides his own safety. When SARS broke out in Toronto in 2003, NYGH was hit hard. Many medical staff were infected. Gabriel was called to the hospital to help in the SARS outbreak. Thinking back, Gabriel admits that he struggled hard. He spent five hours in his basement praying and reading the Bible before finally deciding to go to the hospital to help. "Firefighters don't put down the hose and leave when there's a big fire, and doctors are the same," said Gabriel. Later his serology was tested positive for SARS. In 2005, he was recognized with the Dr. Morris Siu-Cheong Memorial Award for his exemplary patient care and humanitarian work, the highest award at North York General Hospital.

In addition to practicing medicine and administration, Gabriel also teaches and provides guidance to many medical students, nurses, residents and health professionals. He is an assistant professor at the University of Toronto Department of Medicine. Students report that Gabriel can explain complex concepts in a simple and concrete manner. At NYGH he was selected three times as the "Teacher of

the Year" for his clear and thoughtful lectures. "The most important thing in teaching is to be simple and transparent. Don't use complex medical terminology. Make sure that students understand."

If the elderly are an at risk community, then elderly immigrants are even more at risk. In the field of geriatrics, Gabriel recognized that in addition to language barriers, Chinese immigrants also have many difficulties caused by cultural differences. For example, questionnaires assessing the cognitive abilities of the elderly can be confusing. Also, many immigrants have emotional problems because they do not adapt easily to their new environment. They fear that they will become a burden on their children. Gabriel highly appreciates their love for their children and hopes that the children of these elderly people will be understanding of their parents.

Love and relief of suffering for his patients are the biggest motivation for Dr. Gabriel Chan's work. "These patients taught me to have compassion, so that I have the passion to help them. These are real motivating forces. There are many difficulties in implementing care programs. Funding is inadequate, teams have trouble working together, and people sometimes get discouraged. But if you see your goal, you can persevere and ultimately help others live better lives." Gabriel remembers a grandmother who lost all her teeth. The image of her bright smile is etched in his mind and encourages him to move forward. In the future, Dr. Gabriel Chan hopes to use different activities to promote a 'Happy Community', allowing seniors with needs to get the care they need from volunteer organizations and to overcome big hurdles in their lives.



章曼慧醫生
Dr. Angela Man-Wei Cheung

作者：金綺文

Writer: Annie Qiwen Jin

博極醫源　精勤不倦的藝術醫者

八十年前，旅居美國的林語堂寫了一本暢銷書《生活的藝術》（The Importance of Living），以流暢幽默的英文向美國讀者介紹了中國式曠懷達觀又不失浪漫的生活哲學。在林語堂筆下，中國人的生活細節處處體現著傳統哲學的智慧，這種智慧不同於西方近代以來盛行的理性主義（rationalism），更像是一種尊崇自然和內心召喚的"藝術"。而在二十一世紀的今天，章曼慧醫生——一位畢業於美國名校又在加拿大頂尖研究機構和醫院進行醫學研究和臨床行醫多年的女士，則把中國傳統哲學融入了現代醫學實踐，身體力行向病人和醫界同仁展示著"醫學的藝術"。

家學淵源，早早步入行醫路

章曼慧出生於香港一個醫生世家，從小耳濡目染，年少時就已懂得很多醫學知識，常幫身為兒科醫生的父親接電話，在電話中指導求助的父母照料病童。中學畢業後，她前往美國深造。獲得約翰．霍普金斯大學醫學院（Johns Hopkins University School of Medicine）的醫學博士學位（MD）後，章曼慧來到加拿大，和已經移民到此的家人團聚，在多倫多大學接受住院醫師培訓。

培訓第三年，章曼慧選擇綜合內科（General Internal Medicine）作為自己所修內科專科的亞專科。當時全多倫多除

章曼慧之外僅有兩名選擇綜合內科的住院醫師。為什麼不繼承父親衣缽選擇兒科呢？章曼慧是這樣解釋的："我喜歡綜合內科的廣度和深度。我也考慮過選擇兒科，但是如果當兒科醫生，通常是和病童的父母而不是他們本人交流，而我非常喜歡和病人直接交流，因為我能從病人身上學到很多東西。"

綜合內科意味著有更多可能遇到格外複雜和難以預料甚至前所未見的病情，對章曼慧而言，這種挑戰正是樂趣所在。從香港到美國，一路都是學霸的她並不懼怕難題，"怕"的是沒有難題。在約翰·霍普金斯大學醫學院就讀時，全班百二人中僅有兩人來自美國以外的國家，章曼慧就是其中之一，而她還是她的班級在美國醫科學生協會（American Medical Student Association）的代表。

住院醫師培訓結束後，章曼慧對於未來的規劃有過一番糾結。臨床行醫和從事醫學研究與教學，對她而言好似魚和熊掌，二者都想兼得。最終她決定再度深造，為將來在兩條路上同時前行打下堅實基礎。1996年，章曼慧獲得哈佛大學（Harvard University）的衛生研究與衛生政策博士學位（PhD）後返回多倫多大學，正式開始執醫。

專注事業，建樹豐厚

職業生涯初期，章曼慧承受的壓力非常大：她要努力取得研究項目進展、指導學生和住院醫師，每年還有一半時間要隨時待命救治急診病人。那時她也初為人母，有自己的孩子和家

庭需要照料，時間彷彿永遠都不夠用。回憶那段時光，章曼慧坦言自己並非擁有三頭六臂的超人，她說多虧有家人的支持，特別是母親常常主動幫忙。同時，章曼慧聽取他人建議把自己當時並不豐厚的薪水幾乎全數花到了聘請幫傭上面，以便將精力投入工作中。這看似非常不經濟的做法，其實有一番道理。章曼慧說自己不喜歡亦不擅長收拾整理家務之類，不如把時間騰出來去做自己喜歡和專長的事，同時也能有充裕的時間陪伴孩子。這也算是對未來的投資。

這項"投資"回報頗豐。二十多年裏，章曼慧發表了兩百多篇論文，獲得無數安省和加拿大科研及衛生保健領域的獎項和榮譽。她創立了世界知名的多倫多大學骨骼健康評估卓越中心（CESHA）；在北美最大的健康和醫學研究機構"大學健康網絡"（University Health Network）創辦了骨質疏鬆項目並擔任創始項目主任；擔任美國國家航空航天局（NASA）的顧問，為宇航員失重狀態下的骨骼健康狀況提供評估意見。她還被授予了加拿大肌肉骨骼與更年期保健首席研究員（一級）職銜（Canada Research Chair Tier 1 in Musculoskeletal and Postmenopausal Health)。

因她在醫學領域的卓越建樹，章曼慧多次應邀參與制訂加拿大以及國際衛生健康標準和臨床執醫準則，她常常是這些標準和準則制訂委員會中的唯一亞裔。她一直大力提倡評估健康風險和護理病人時，將族裔、人種、性別和年齡等因素考慮進去，因為有科學證據表明不同種族的人群罹患各類疾病的風險高低不一致。然而在幾乎全是白人的委員會中，她深感自己聲

微力薄，所以熱切希望能有更多華人同行不要只埋頭於臨床診治和學術研究，也加入到規則制定的隊伍中來。章曼慧也熱心公益，積極參加各類醫療慈善組織的活動，並經常為華人社區義務開醫療保健的講座，以自己的專業知識為社區做貢獻。

醫者之精誠與醫學的藝術

盛名下的章曼慧，始終保持著中華傳統的君子風範：她溫和謙遜，待人體貼周到。中國唐朝名醫孫思邈曾在《大醫精誠》中說："世有愚者，讀方三年，便謂天下無病可治；及治病三年，乃知天下無方可用。故學者必須博極醫源，精勤不倦，不得道聽途説，而言醫道已了，深自誤哉。"章曼慧的虛懷若谷和精勤不倦，既出於她對醫學的熱愛，也源於剛開始走上執醫道路時的一次經歷。

那時她照料一位在深切治療部（ICU）的病人，每晚下班時會跟病人道別。有一天她對病人說"明天見"的時候，對方卻喃喃道"明天我就見不到妳了"。她心裏一驚，重新檢查一遍。所有監護儀器上的數據都顯示病人狀況穩定，並沒有進一步惡化的指征，比她資深的醫生教授們也都如此認為。於是她下班回家。然而第二天清晨六點回到醫院，卻發現醫護人員正在對那位病人進行緊急搶救，她也加入其中，但終於無力回天。

這件事對章曼慧觸動很深，她覺得病人此前一定感覺到了什麼，然而各類先進的儀器和檢測手段卻探查不到異常。哪怕

她已在世界頂級學府拿到最高學歷，哪怕科技再發達、檢測方式再先進，面對一個病症，卻仍可能面臨無限的未知世界。從此她以虔敬心態對待每個病人，將他們當作自己認知各種病症不同表現形式的老師。她說："即使是同樣的病症，每個病人的體驗和經歷都可能非常不同，癥狀表現和治療效果也不盡相同。只有用心傾聽、仔細觀察，才能真正領會。"

章曼慧也注重將這種充滿人文關懷精神的"醫學藝術"傳授給學生和住院醫師。她說，如今這個信息化時代，各種技術手段確實非常有效亦便捷，但若過度依賴科技而忽略醫者和病人一對一的直接交流，會令技術成為橫亙在醫者與患者之間的障礙，使醫者困頓於技術本身的限制中。無論技術有多發達，醫者都必須以病人為中心，用"心"關懷病人。

深受中國傳統文化影響的章曼慧亦強調整合醫學（Intergrative Medicine）的意義：在幫助病人從疾病中恢復健康時，將病人視為一個整體的人對待，綜合考慮病人的生理、營養、精神、情感和心靈等各方面因素，而不是僅僅關注他們的病癥本身。就此而言，中國傳統文化中的膳食養生以及"治未病"等，也是有道理的。

章曼慧這些人性化和整體觀的行醫思想和方式，被作為一整個篇章，收錄在了一本名為《醫學的藝術》（The Art of Medicine: Healing and the Limits of Technology）的書裏，這本書已成為加拿大和其他國家醫學院的教科書。但願"醫學的藝術"能夠廣為傳播，促進更多醫者醫術精進、造福社會！



2011年與家人合攝
With kids in 2011



2014年參加馬拉松
Taking part in Marathon in 2014



2018年Jonathan的畢業禮
Jonathan's graduation 2018



2017年Matthew的畢業禮
Matthew's graduation 2017



母親七十六歲生日
Mom's 76th birthday

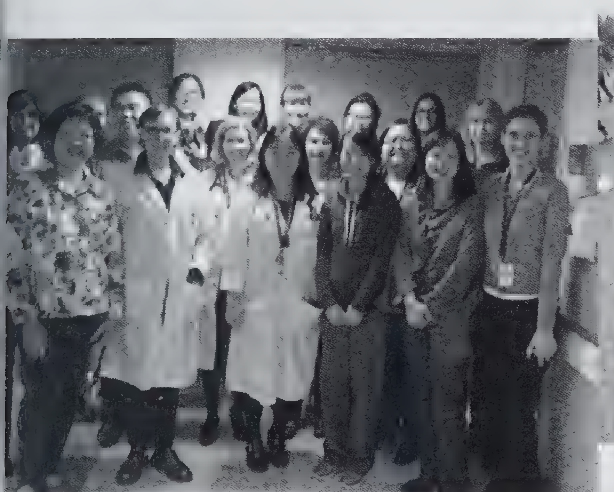


2018年與家人合攝
With family in 2018



1988年美國霍普金斯大學畢業
Hopkins graduation 1988

霍普金斯大學畢業生重聚
Hopkins 30th reunion



2014年 "Purple Proud Day" 日
Purple Proud Day 2014



2017年參加多倫多湖濱馬拉松籌款
Toronto Waterfront Marathon 2017



2017年與同事合攝
With colleagues in 2017



2016年與骨質研究人員合攝
With Osteogroup in 2016

Dr. Angela Man-Wei Cheung

Eighty years ago, the famous Chinese writer and philosopher Lin Yutang, who lived part of his life in the United States, wrote a best-selling book in English, The Importance of Living. Using a humorous and lively style, the text introduced American readers to Chinese life philosophies of romantic optimism. This traditional philosophical wisdom manifests itself in the fine details of Asian daily life, different from the rationalism that prevailed in the West. Today, in the 21st century, Dr. Angela Man Wei Cheung, who graduated from a prestigious school in the United States and has been conducting medical research and clinical practice for many years in Canada's top research institution and hospital, has integrated Chinese traditional philosophy into modern medicine, demonstrating the 'art of medicine' to her patients and medical colleagues.

Angela was born into a family of doctors in Hong Kong. From an early age she was exposed to medical knowledge. Even as a child, she often helped her father, a pediatrician. She would answer the phone and give guidance to worried parents with sick children. After graduating from high school, Angela went to the United States for further study. After receiving a doctorate in medicine (MD) from Johns Hopkins University School of Medicine, she moved to Canada to reunite with her family which had immigrated in the meantime. Here she received residency training at the University of Toronto.

In her third year of training, Angela chose General Internal Medicine as her subspecialty. At that time, there were only two other residents in Toronto who chose General Internal Medicine. Why had she not chosen to follow in her father's footsteps and study pediatrics? Angela explained, "I liked the breadth and depth of General Internal Medicine. I did consider choosing pediatrics. But if I were a pediatrician, I would normally communicate with the parents of the sick children. I prefer communicating directly with the patients because I can learn more from them."

For Angela, General Internal Medicine meant more complicated, unpredictable, and even unprecedented situations. This kind of challenge was what attracted her to it. Whether in Hong Kong or the United States, Angela was not afraid of difficult problems. At the Johns Hopkins University School of Medicine, only two of the one hundred and twenty students in the class were from outside the United States, and Angela was one of the two. She was also her class representative for the American Medical Student Association.

After residency training, Angela had to plan her future carefully. Clinical practice, medical research, and teaching were all career paths she wanted to pursue. In the end, she decided to further her studies to lay a solid foundation for whatever road she might take. In 1996, Angela returned to the University of Toronto after receiving a PhD in Health Research and Health Policy from Harvard University (PhD) and began practising academic medicine.

At the start, Angela was under a lot of pressure: she had to make progress on her research projects, provide guidance to students and

residents, and be on standby for emergency patients half of the time. On top of that, she was a new mother, and her own children and family needed care. She never seemed to have enough time. When thinking back to this period of her life, Angela said she was not a superhero with extraordinary powers. She credits her family's support, especially her mother, who often took the initiative to help. At the same time, Angela listened to other people's suggestions and spent almost all her salary to hire domestic helpers. Even though it was not economical, Angela thought the idea was good since she did not enjoy housework. It was better for her to use her expertise and time to do something that she enjoyed, and as a result was able to spend quality time with her kids. It was also an investment in her future.

This "investment" paid off. Over the last twenty years, Angela has published more than two hundred papers and has received numerous awards and honors in the fields of research, education and health care in Ontario and Canada, including the Ontario Premier's Research Excellence Award, the Canadian Institutes of Health Research senior scientist awards, the University Health Network Department of Medicine Award for Excellence in Clinical teaching and the University of Toronto Eudenie Stuart Award for best mentorship, to name just a few. Angela established the world-renowned University of Toronto Center for Excellence in Skeletal Health Assessment (CESHA). At University Health Network, she founded the Osteoporosis Program and served as Founding Director. She is also an adviser for National Aeronautics and Space Administration (NASA), assessing the skeletal health of their

astronauts under weightlessness. Angela holds a Tier 1 Canadian Research Chair in Musculoskeletal and Postmenopausal Health.

Because of her excellence in the medical field, Angela has been invited to participate in the development of Canadian and international health and clinical practice standards, where she was often the only Asian expert on these committees. She has always advocated for the consideration of factors such as ethnicity, race, gender and age in patient care, since there is scientific evidence that the risks of various diseases are different for ethnic groups than Caucasians. She feels that her lone ethnic voice on a committee that is almost entirely Caucasian is not enough. She deeply hopes and encourages more Chinese colleagues not just to bury themselves in clinical care or academic research, but to also join the ranks of other 'standard-setting' committees. Angela is very supportive of community events and participates in the activities of various medical charitable organizations. She often volunteers to give public lectures on health care within the Chinese community.

Angela carries herself with grace: in the best Chinese tradition, she is modest and humble, dedicated and devoted to her work, sincere and caring to others. The famous Chinese doctor of the Tang Dynasty, Sun Simiao, once said in the "Virtues of Great Physicians": "There are fools who study medicine for three years and think there is no incurable disease in the world. But after practising medicine for three years, they know there are no standard prescriptions for all the diseases in the world. Doctors must, therefore, study deeply and widely, depend not on what others say, but their own understanding

through diligence and hard work." Angela developed her humility and respect not only because of her love of medicine, but also from an early experience as a new doctor.

At the time, she was caring for a patient in the intensive care unit (ICU). Saying goodbye one night, she said "See you tomorrow." The patient muttered, "I won't see you tomorrow." Angela was shocked. She carefully re-examined the patient's charts and information. The data on all of the monitoring equipment showed that the patient's condition was stable and there was no indication of danger. She left work and went home. However, when she returned to the hospital at six the next morning, she found medical staff performing emergency resuscitation on the patient. Angela joined in the effort, but the team was unable to save the patient.

This incident touched Angela deeply. She thought that the patient had known death was imminent, despite the fact that all kinds of advanced instruments and testing methods could not detect the abnormality. Even if Angela had the best education in the world's top universities, even if the technology was most advanced, there are mysteries in diseases that are infinite and unfathomable. Since then, Angela has always treated each patient with a respectful, awed attitude, as if they were teachers who could recognize different manifestations of various illnesses. Angela said: "Even with the same illness, each patient's experience may be very different, and the symptoms and treatment effects are not the same. Only by listening and observing carefully can the doctor truly understand."

Angela also pays attention to the teaching of medicine and

humanistic care – the Art of Medicine - to students and residents. She said that in this information age, various technological means are effective and convenient, but students who rely too much on technology may neglect one-on-one direct communication between doctors and patients. In such cases, technology becomes a barrier between doctors and patients. Doctors should be careful not to be trapped by the limitations of technology. Regardless of how useful technologies are, patients must be at the center of treatment, and doctors must care for them with 'heart'.

Angela, who is deeply influenced by Chinese traditional culture, also emphasizes Integrative Medicine, which treats patients as a whole, taking into account the physical, nutritional, mental, emotional and spiritual aspects of the patient. From this perspective, it makes sense that one area of traditional Chinese medicine uses diet and preventive methods as therapeutic options.

Angela's humanistic ideas and holistic views are discussed as a whole chapter in a book called The Art of Medicine: Healing and the Limits of Technology. This book has become a textbook for medical schools in Canada and other countries. Down the road, Angela hopes that medicine as an art will spread more widely among medical practitioners and benefit society.



勵文灝先生
Mr. Irwin Li

作者：金綺文
Writer: Annie Qiwen Jin

創業斐然　視奉獻為幸福

來自上海的勵文灝堪稱大陸新移民成功典範。他父母曾是中國大陸改革開放後，最早一批下海創辦私人企業的人士。90年代末通過企業家移民項目來到加拿大，勵文灝也隨同父母移民至此。獲得卡加利大學(University of Calgary)工商管理碩士(MBA)學位後，勵文灝曾在知名國際汽車企業豐田旗下的品牌凌志（Lexus）加拿大分公司擔任財務總監，後來毅然辭去穩定的工作自己創業。

創業有方，成就斐然

2006年，勵文灝與朋友共同創立了曼尼環球集團（Mennie Global Group）和曼尼加拿大有限公司（Mennie Canada Ltd.），後者專門生產纖維玻璃門。憑著家族遺傳的創業經商天賦，加之在大企業累積的經營管理經驗，勵文灝的創業道路非常順遂。短短數年時間，曼尼公司便躍居世界第三大纖維玻璃門供應商，產品除了暢銷加拿大全國外還銷往世界各地，在英、法、澳大利亞等國都佔據了不小的市場份額。曼尼集團下屬的商業地產和投資企業也快速成長，如今已在大多倫多地區擁有超過50萬平方英尺的產業。

勵文灝說："創新和不斷提高公司的整體素質是公司的生命線"。創業之初，曼尼公司在中國買下一家製造企業。勵文

灝深知美國和歐洲企業一直壟斷纖維玻璃門市場，他要制勝，一定要擁有高品質和獨一無二的產品，因此他率領公司花費整整一年時間重新調整產品研發策略，悉心調查市場，了解客戶需求，改變“中國制造”產品價廉質低的形象，用精心研發、獨特特性的高質量產品打入市場，為企業打開了通往成功的大門。

曼尼公司取得驕人業績，勵文灝也受到業界矚目，並因此於2012年獲得創業協進會（ACCE）頒發的最佳企業獎。創業協進會是成立於1994年的一家非營利組織，其前身為“加國華裔創業俱樂部”，協會宗旨在於通過舉辦培訓和研討會、交流會，以及為傑出的華裔創業家頒獎等活動，促進加國華裔企業家踴躍創業，加強加國華裔企業在全球市場的競爭力。

回饋社會，助力同胞創業

獲獎後的勵文灝加入創業協進會的獲獎者俱樂部，結識了很多同為創業者的企業家，也了解到很多以前一無所知的創業及經營資源。他深有感觸，覺得很多華人企業家都慣於自己埋頭苦幹，卻不知在聯邦和省級政府都有很多可利用的資源，能夠幫助企業更快更好成長。他決心回饋社會，把自己的創業經驗與各界人士分享，同時幫助他們接觸各類可用資源。

2015年勵文灝當選創業協進會會長，他大力招攬會員和

贊助商，積極開展與其他團體、商會及政府機構的合作，舉辦各類研討和交流活動，讓更多華人企業家從中受益。在勵文灝擔任會長的三年期間，他為協會引進了加航（Air Canada）、Gowling律師行等重量級贊助商，成功舉辦一百五十多場活動，協會會員增加了百分之二十五。每年的企業家頒獎晚會歷來是創業協進會的重頭戲之一，參加人數通常有七八百，而在勵文灝的努力下，2017年的頒獎晚會出席人數達到千二多人，影響力空前擴大。

近年來，中國大陸來的新移民所佔比例越來越高，有不少人到加拿大後也有心創業，但苦於不了解加國國情而無從著手，不少人還有語言障礙。在勵文灝的主張下，創業協進會專門設立了“大陸移民項目”（Mainland Initiative），用國語向這些新移民介紹創業知識。在勵文灝帶領下，幾年時間裏，創業協進會幫助數百名華人企業家在創業道路上起步或成長，一些企業甚至成為業界領頭羊。

作為來自中國大陸的移民，勵文灝非常願意為加中友好互惠貢獻一分力量。他多次協助組織中國貿易代表團來加拿大訪問，為兩國的潛在貿易夥伴牽線搭橋，同時也從各方面幫助加拿大企業打開中國市場。而在加拿大國內，勵文灝也認為華人企業家不能局限於華人圈子，必須與主流社會建立更多緊密聯繫。在他努力下，創業協進會與加拿大原住民與少數族裔供應商委員會（CAMSC）簽訂合作協議，通過這項合作，可以幫

助很多華人企業家獲得許多世界五百強大企業的供應商合同，壯大自己的企業。與此同時，創業協進會還新設立了最佳貿易獎，對於為加中貿易做出卓越貢獻的企業家，不論其是否華裔，只要有加國國籍就予以表彰和宣揚。

投身公益，以奉獻為幸福

在創業協進會的一些活動中，他常與過百義工一起工作，包括很多創業者，他們儘管自己事業非常繁忙，卻堅持到協進會做義工，盡心盡力回饋社區，令他十分欽佩。另一方面，次子在多倫多病童醫院接受手術和住院的一段經歷，也讓勵文灝對醫院義工感觸良多。勵文灝的次子曾在上海接受手術，但手術失敗，回到多倫多再次接受手術。兩國醫院的對比，除了醫療體制的區別，讓勵文灝感受最深的就是加拿大醫院的義工。他說："在加拿大，因為有很多人每年都付出時間做義工，讓整個社會和每個人的生活都變得更好。我想用自己的行動告訴更多大陸來的企業家，加拿大不單有福利，也講究奉獻。我希望有更多人加入到為社會貢獻的隊伍中來，讓我們的家園更美好。"

作為多倫多病童醫院基金會大型籌款活動的名譽主席，勵文灝親力親為，並帶頭捐款，為基金會籌得一百多萬加元，為醫院購買給早產兒做檢查的磁力共振（MRI）設備。他還擔任了一場為歡迎大熊貓來加拿大舉辦的慈善晚宴活動

聯合主席，籌得三十萬加元善款，捐贈給中國四川貧困地區，為當地學生購買書籍等學習用品。2017年他出任旺市市長中秋慈善晚宴（Lunar Gala）的聯合主席，為Mackenzie Health Foundatio 籌得三萬五千加元善款。

此外，勵文灝為之捐贈善款的慈善機構則數不勝數，諸如Terry Fox Foundation、Covenant House、瑪嘉烈公主癌症基金會、智行基金會和頤康基金會等等。由於勵文灝積極投身公益、貢獻突出，2017年10月他獲得了加拿大參議院150周年紀念勛章（Senate 150th Anniversary Medal），這是為紀念加拿大建國150周年由參議院向那些默默為社區做出傑出貢獻的人士頒發的榮譽。

勵文灝認為，回饋社區不僅僅是捐贈善款，更重要的是貢獻時間。作為一名成功的企業家，因為公司產品銷往世界各地，勵文灝常常奔波於全球各大市場之間。他笑言自己每年因公務乘飛機的旅程高達十二萬英里，甚至超過全職空姐的標準里程數。但即便如此，他仍然抽出許多業餘時間投入到各類公益活動，為此犧牲了陪伴家人的時間，錯過了兩個幼子成長過程中的很多重要時刻。對此他心懷歉疚，但亦無怨無悔，他說：“奉獻是幸福的。”



勵文灝歡迎創業協進會新會員
Irwin with ACCE members



勵文灝向冠名贊助商頒發紀念牌
Irwin presents Thank-You plaque to title sponsor - BDC



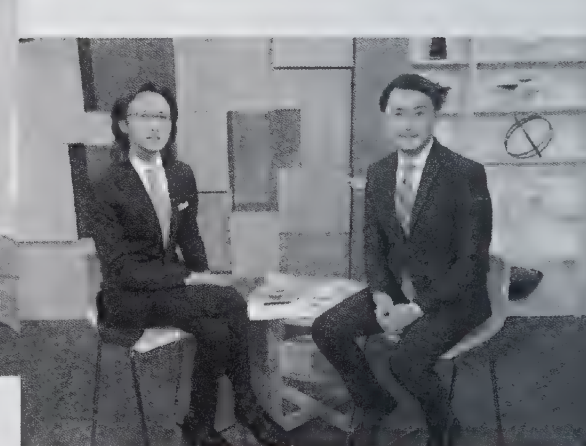
勵文灝與創業協進會評審委員
Irwin with ACCE Panelists



勵文灝在創業協進會活動上演講
Irwin at the ACCE podium



勵文灝代表創業協進會與列治文商會簽署合作協議
Irwin signing partnership agreement between ACCE and Richmond Chamber of Commerce



勵文灝接受電視訪問
Irwin at the TV interviews



]文灝與NBA球員 Triston
homason 共同參加 Amari
Thompson 基金會活動
rwin and Triston Thomason
NBA player) taking part in
mari Thompson Foundation
event



向病童基金會捐贈善款
Donation to SickKids Foundation



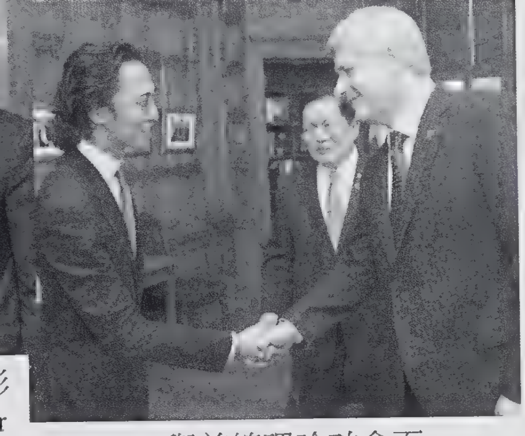
勵文灝與國際貨幣基金組
織總裁Christine Lagarde
Irwin and Christine Lagarde
(Chairwoman of the
International Monetary Fund)



勵文灝榮獲加拿大參議院
150周年紀念勛章
Irwin receiving Senate 150th
Anniversary Medal



與總理特魯多合影
With Prime Minister
Trudeau



與前總理哈珀會面
Meeting former Prime
Minister Harper



勵文灝出席創業協進會董事會會議
Irwin at the ACCE board meeting



安省經貿代表團
Ontario Trade Mission

Mr. Irwin Li

Irwin Li, who came from Shanghai, is a great example of a successful immigrant from Mainland China. His parents were among the first group of people to set up private enterprises after economic reforms in China. They came to Canada through the entrepreneurial immigration category in the late 1990s. After receiving an MBA degree from the University of Calgary, Irwin served as Director of Finance at Lexus Canada. Later, he resigned from this stable position and started his own business.

In 2006, Irwin co-founded Mennie Global Group and Mennie Canada Ltd., which specialize in the manufacture of fiberglass doors. With natural entrepreneurial ability inherited from his parents, and valuable business management experience acquired at Lexus, Irwin has had a smooth path to success. In just a few years, Mennie Canada has the highest market share in Canadian fiberglass door industry, and Mennie Global Group has become one of the largest supplier of fiberglass doors. Its products are being sold all over the world, with a large market share in Britain, France, and Australia. DURA Canada, a commercial real estate and investment offshoot of Mennie Canada, has also grown rapidly and now owns more than half a million square feet of property in the Greater Toronto Area.

"Innovation and continuous improvement in overall quality is the

company's lifeline," Irwin says. At the beginning of the venture, Mennie Canada acquired a manufacturing company in China. Irwin knew that the fiberglass door market was dominated by American and European companies. The only way to break in was to have unique products of high quality. Consequently, he led his company on a year-long task to investigate the market and re-adjust product development strategies accordingly. The goal was to understand customers' needs, rehabilitate the reputation of "Made in China" products which were regarded as low in price and inferior quality. He wanted to enter the market with high-quality products that were meticulously researched and developed with unique characteristics, all prerequisites for success.

Already Mennie has achieved outstanding results. Irwin himself has also attracted industry attention. In 2012, he won the Best Entrepreneurial Award from the Association of Chinese Canadian Entrepreneurs (ACCE), a non-profit organization founded in 1994. Its predecessor was the Chinese-Canadian Entrepreneurship Club. The purpose of ACCE is to promote training, seminars, exchanges, and give out awards for outstanding entrepreneurs. Its mission is to support Chinese-Canadian entrepreneurs in launching new businesses and strengthening the competitiveness of Chinese-Canadian companies in the global market.

After receiving the award, Irwin joined the winners' circle of ACCE, where he met other entrepreneurs and gained access to resources that were helpful in starting and running a business. He was deeply

touched and felt that many Chinese Canadian entrepreneurs focused on working hard, but lacked knowledge or access to resources provided by the federal and provincial governments to help companies grow faster and better. Since then, Irwin has been determined to give back to the community, share his entrepreneurial experience with his peers, and help them take advantage of all available resources.

In 2015, Irwin was elected as President of ACCE. During his tenure as president, he vigorously developed membership enrolment and sponsors, proactively partnered with other groups including the Chambers of Commerce and other government agencies, and held seminars and exchanges to benefit more Chinese entrepreneurs. He also introduced major sponsors such as Air Canada and Gowling WLG to the Association. Altogether he oversaw more than one hundred and fifty events. Membership has grown by over twenty five percent. The Association's annual Chinese Canadian Entrepreneur Awards Gala has always been one of the highlights of ACCE. The number of participants is usually seven or eight hundred. Under Irwin's leadership, the number of attendees at the 2017 awards ceremony reached more than twelve hundred.

In recent years, more and more immigrants from Mainland China have arrived. Many people wish to start a business in their new country. However, they have difficulty in understanding their surroundings and many of these newcomers have language barriers. Because of this, Irwin advised the ACCE to set up

Mainland Initiative, a Chinese-language program which teaches entrepreneurial skills and knowledge to these new immigrants. Under Irwin's leadership, ACCE has already helped hundreds of Chinese entrepreneurs to start or grow businesses. Some of these companies have even become leaders in their industry.

As an immigrant from Mainland China, Irwin is contributing to the friendly and mutually beneficial relationship between Canada and China. He has assisted in organizing Chinese trade delegations to visit Canada, and acted as middleman for potential trading partners. He has also helped Canadian companies break into the Chinese market. Irwin also believes that Chinese entrepreneurs cannot be confined to the Chinese community in Canada. They must establish closer ties with mainstream society. Under his efforts, ACCE has signed a cooperation agreement with the Canadian Aboriginal and Minority Suppliers Council (CAMSC), which will help Chinese entrepreneurs obtain supplier contracts with many of the world's Fortune 500 companies. ACCE has also established a new award that is open to all Canadians: Canadian entrepreneurs who make outstanding contributions to Canada-China trade, regardless of their ethnicity, will be commended and recognized with the award.

At ACCE gatherings, Irwin worked with over a hundred volunteers, including many entrepreneurs. Although many of them were very busy managing their own companies, they insisted on volunteering at the Association and dedicated their efforts to giving back to the community. Irwin is very impressed by such efforts, and at

the same time, he was touched by the volunteerism he saw in a totally different setting. His second oldest son had been admitted for surgery and hospitalization to Toronto Sick Kids Hospital, where many volunteers helped out daily. Irwin's son had undergone surgery previously in Shanghai. When the operation failed, they returned to Toronto to have his son undergo surgery here. Irwin saw the contrast in the hospitals of the two countries. Aside from the differences in medical systems, the most profound difference for Irwin were the volunteers in Canadian hospitals. He said: "In Canada, there are many people who spend their time volunteering, and this makes the whole society and everyone's life better. I want to use my own actions to tell entrepreneurs from Mainland China that Canada offers many benefits, but 'giving' is very important here. I hope that more people will contribute to society and make our country a better one."

In 2016, Irwin was Honorary Chair for a successful evening gala raising funds for Toronto SickKids Foundation. Irwin personally presided over various fundraising activities and took the lead in donations. Over one million dollars was raised for the purchase of hospital equipment including a neonatal MRI unit for premature infants. He also served as co-chair for Panda Gala, hosted when a Chinese giant panda visited Canada. The Gala raised more than $300,000 in donations for impoverished areas in Sichuan, China, to be used to buy school supplies for local students. In 2017, he co-chaired Mayor of Vaughan's Lunar Gala, and raised $35,000 for

Mackenzie Health Foundation.

In addition, Irwin has donated to countless charities, such as Terry Fox Foundation, Covenant House, Princess Margret Cancer Foundation, Chi Heng Foundation and Yee Hong Community Wellness Foundation, among others. In October 2017, for his community contribution and active volunteerism, Irwin was recognized with a Senate 150th Anniversary Medal, which commemorates the 150th anniversary of the founding of Canada.

Irwin believes that giving back to the community is not only about donating money, but more importantly, contributing time. As a successful entrepreneur, he travels all over the world. His annual trips total nearly 120,000 miles, which exceed the standard distances travelled by full-time flight attendants. Even so, he still spares time for various community activities, sacrificing time with his family. He has missed many important moments in the childhood of his two young children. He is apologetic for this, but has no regrets. He says: "Dedication is happiness."



黃黎浣纖女士
Mrs. Susan Wong

作者：陳筱苓
Writer: Shirley Chan

愛的承諾　全心捐獻社區

九十四歲的黃黎浣纖一生備受恩寵，她稱自己不愁衣食，只是吃喝玩樂，她慶幸找到深愛自己的丈夫黃利安，但童話式的人生卻因丈夫驟然去世而終止，黃黎浣纖以淚洗面兩年，直至「九一一」事件的發生，方從個人的哀慟中回復過來，她立志完成丈夫捐助社會的願望，要為苦難的世界帶來幸福。因為丈夫留下的資金組合頗為複雜，她覺得不能假手於人，決意自己學習理財事務，從過往一無所知，到研究理財的奧秘，終能運籌帷幄，投資自如，多年努力沒有白費，更將所賺所得捐獻社會，讓有意義的計劃得以實行，讓別人因她而活得更好。

七十五歲前，黃黎浣纖的角色是妻子、母親、外婆，想不到丈夫去世卻扭轉了她，「九一一」事件讓她選擇活得積極，走出自己舒適的家，和不完美的世界接軌，將財富和別人分享。十九年後，她被社區稱許為「慈善家」。今天的她投資精明，捐獻精明，記得每種股票價位上落差價，在投資電話熱線上指揮買賣；對各個慈善團體的人事和運作瞭如指掌。背後一切都是努力，她解釋說：「我不想退步，我不要只是吃和睡的人生。」

亂世中遇上真愛

黃黎浣纖談到自己的一生，總是不忘加上「多謝天主保佑」，一生衣食豐足，作為一個天主教徒，她感謝天主的恩賜。她在1924年於香港出生，父親在上環街市經營豬肉批發，

家境殷實，就是在日軍佔領香港的三年零八個月中，她也從未試過捱餓。她在港島西南男女校初中中文畢業，後轉到聖心書院前身的意大利嬰堂讀英文，因為戰事，香港的學校全部關閉，黃黎浣纖只能轉讀日文，畢業後在香港的日本橫濱銀行工作。

相對於太太，黃利安的童年生活並不順遂，他1919年在牙買加出生，三歲時被爸爸送回中國家鄉，由祖父母撫養，後來再被送到香港上學，中學考上了香港華仁書院，每天坐火車由大埔千里迢迢出來港島上學。「他很想念在牙買加的父母和十五個兄弟姊妹，曾多次去信希望回牙買加。」黃黎浣纖形容丈夫自小孑然一身，不像她有一個完整的家。黃利安1937年中學畢業後，考上了大學，但因為交不起學費而無力升讀，後來被介紹到香港望族何東的家庭當小秘書，何東原配麥秀英再於1940年保薦黃利安進入香港滙豐銀行工作。

日軍佔領香港時，英資銀行關閉，黃利安被調到日資銀行工作，認識了同事黎浣纖，他們相識八年後結婚。「當時有六個人追求我，我選他的原因不是為了樣子，也不為財富，全然是因為他的人品好和脾氣好。」黃黎浣纖今天説來仍一臉自豪，慶幸找到真愛，締結一世良緣。

五十年幸福婚姻

黃利安結婚時在滙豐銀行任櫃台員，月薪四百港元，以後步步晉升，三十年後已是最頂級的華人經理，但在待遇和晉升機會上仍無法與英裔員工看齊，72年萌生退休之意。「他要退休，我很高興，因為可以去旅行環遊世界。」丈夫在盛年退休，黃黎浣纖坦言自己一點也不擔心，能夠和心愛的丈夫在一

起比什麼都重要，她說：「他除了要去上班外，我們做什麼也在一起，游水、行山、打太極……。」夫婦二人一生環遊世界四次。

黃利安環遊世界回港後，72年十月買來經紀牌照從事股票買賣。「他喜歡靠思考買賣股票。」黃黎浣纖仍然深深地記着丈夫的投資之道。事實上黃利安買賣股票所賺到的錢，也遠比在銀行打工為多。那時家裏的一個工人家境困苦，黃利安用她的三千港元投資股票，後來再以賺回來的錢到澳門投資房產，加上分紅利息，十一年間三千元滾動變成一百萬港元。

在五十年的婚姻裏，黃黎浣纖從來不用為錢傷腦筋，也不用管理金錢：「我只是吃喝玩樂，不用打理金錢，最多只是給錢工人去買菜，到百貨公司買東西也只是記帳。」然而丈夫的理財態度還是深深地影響了她，她在訪問中反覆地說：「人不會理財，財不會理你。」錢放着不用沒有意義：「錢是賺來用的，不去使用那就不是自己的錢。應使得使，應慳得慳。」她稱夫婦二人的金錢觀很是吻合。

賺錢花錢之餘，黃利安更明白捐錢的重要，將錢的意義發揮至最大。黃利安一生只做兩份職業，工作超過半個世紀，93年在太太勸說下退休。夫婦移民多倫多後，即捐助華人社區中各慈善團體，例如孟嘗會、頤康基金會等，其後更在多倫多大學設立經濟學研究生獎學金，資助成績優異的學生，「他當年因為家貧而無力上大學，今天希望幫助他人。」

從喪夫之痛中站起來

黃黎浣纖稱丈夫的身體一直比她硬朗，想不到99年渡過了金婚紀念後，一次平常不過的膽石手術卻出了意外。八十歲的

黃利安，十月感恩節長週末入院，等了一天才做手術，手術後出現突變而被送入深切治療部，四日後去世，臨終前太太承諾他：「放心去吧，我會好好看管你的資產。」

面對丈夫的突然離世，黃黎浣纖無法接受，也深深自責，事隔十九年，她情緒仍然波動，哽咽道：「如果不是我勸他移民，在香港醫院就會得到救治！」之後兩年她一直活在傷痛之中，不願見任何人，有人致電一說起就哭，經常要到墳場探望丈夫，接受輔導一年才稍稍平靜，但眼睛卻哭壞了。

2001年九月十一日的清晨，黃黎浣纖看見紐約生靈塗炭的一幕，心中悲痛難受，就在那一刻，她在亡夫遺照前說：「Leon，我清醒了，今後要站起來做個有用的人，我吃喝玩樂幾十年，做人糊糊塗塗，以後要做些事幫助人。」黃黎浣纖承諾丈夫要看管財產，其實心裏沒把握：「我那裏懂這些事！」不諳英文的她根本無法讀懂四間投資公司、六間銀行不同的月結單和買賣合約，但她選擇面對，她在書房裏將丈夫一疊疊的文件細看，因為眼不好就用特大的放大鏡去讀，又請銀行的人將文件翻譯成中文，慢慢認英文字。「很多人都願意耐心地教我，我不明白就問『為什麼？』，他們都叫我做『問題婆婆』。」黃黎浣纖笑道。由一竅不通到今天可以和孫女討論究竟Facebook股票是否值得買，黃黎浣纖付出的心力不少，她稱這完全是因為對丈夫的承諾，也要對自己的生活開支負責。

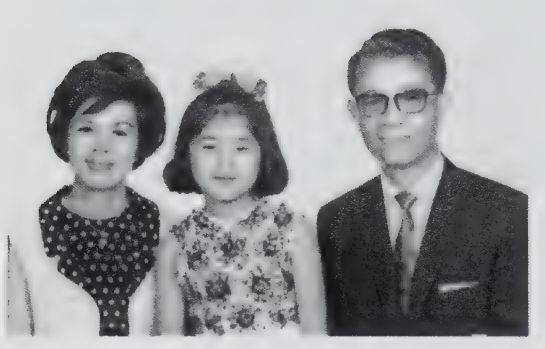
貢獻社區慷慨捐輸

然而黃黎浣纖沒有忘記世上有許多需要幫助的人，當年打算只在多大經濟系設立獎學金，但因為丈夫的事故，她再在多大設立公眾衛生學研究獎學金，獎學金額每年每個萬多元。此

外她又捐助社區各慈善機構，包括公益金、頤康基金會、孟嘗會、耆暉會、宗教團體等，這麼多年她捐款的總額不少，但她不願透露具體數字，因為不想標榜自己。2008年開始她積極支持耆暉會的長者活動，例如捐助耆暉「一站式綜合社區服務中心」；自2009年開始贊助每年的《耆暉之夜》；以及近期的「流動健康服務車」。有人謂有錢的人並不少，但願意捐錢的不多，黃黎浣纖被社區中人形容為「很捨得捐的」，對此她只是説人是「空手來，空手去」，沒有什麼不捨得的。

黃黎浣纖捐錢，要先明白機構的運作，究竟怎樣用錢，意義在哪裏？她印象最深刻是當年捐助頤康興建六千呎的長者日託中心，她覺得很有意義。而向孟嘗中文學校捐出十萬加元，她的意願是讓每一級別的小孩，讀得好的都能領到獎學金 ，不會喪失對中國傳統文化的興趣。

黃黎浣纖曾經後悔來加拿大，但現在心中的結已經解開，她相信這是天主的安排：「如果不是這樣，自己不會學到社會這麼多東西，仍然只是個在溫室長大，一事無成的人。」



黃利安夫婦與女兒Vincenzina
童年時合照
Mr. & Mrs. Leon Wong and daughter



與女兒及外孫女
合照
With daughter and
grand-daughter



黃黎浣纖家族合照
Susan Wong with family members



黃利安家族合照
The Leon Wong family



在俄羅斯留影
Visiting Russia



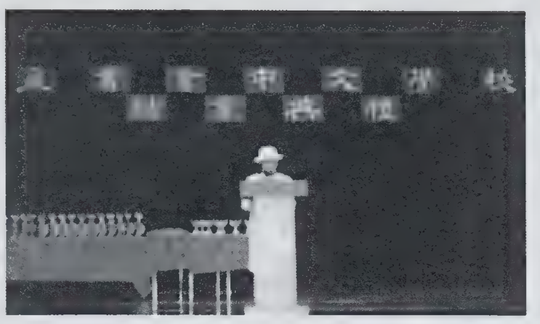
夫婦二人環遊世界多次，
在雪梨歌劇院前合照
At Sydney Opera House



在埃及金字塔前合照
Visiting Egypt



香港政府大球場，任
主教小學頒獎嘉賓
Presenting awards
to students in
Hong Kong



在孟嘗會中文學校結業典禮中致辭
Speaking at Mon Sheong Chinese
School



與前多倫多大學校長David
Naylor醫生合照
With the president of
University of Toronto



頤康護理院黃利安日託中心開幕時，
與眾嘉賓及頤康仝人合照
Opening of Adult Day Program Centre
at Yee Hong



孟嘗會提名，黃黎浣纖獲頒英女皇
登基鑽禧紀念勳章
Receiving the Queen's Jubilee Award



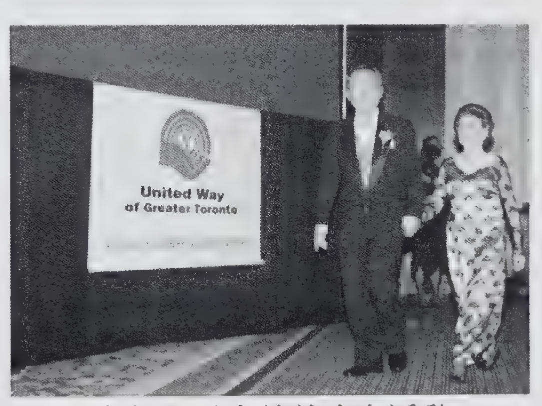
捐贈提供接送老人服務的巴士給
聖保羅日托中心
Donating a bus to St. Paul



捐建孟嘗會訪客室，開幕時留影
Photo taken at Mon Sheong



在耆暉會活力保齡賽中任頒獎嘉賓
Presenting awards at Carefirst's
"Bowl for Seniors"



參加公益金慈善晚會活動
Taking part in United Way
Fundraising event

Mrs. Susan Wong

94-year-old Mrs. Susan Wong has led a charmed existence since birth, never having to worry about basic necessities. Adored by her husband, Leon Wong, she spent her days "eating, drinking and being merry." But this fairy tale life was cut short by her husband's sudden death. Devastated, Susan grieved for two years until the 9/11 attacks in America. This world event woke her up from her daze and she resolved to fulfill her husband's philanthropic desire to bring happiness to those suffering in the community. Leon's investments and businesses were quite complicated, and Susan did not want to leave it to others to manage. Even though she knew nothing about investments or money matters, she was determined to learn from scratch. Today, investing is no longer a mystery to her, and she manages their assets on her own. Years of hard work have paid off. Susan is at ease trading stocks and donates the proceeds to charities and meaningful projects so that others can lead better lives.

Before the age of 75, Susan's role was wife, mother, and grandmother. She never imagined that her husband's death would turn her life upside down. In the face of the September 11 tragedy, she emerged from her cocoon to connect with the world around her. Nineteen years later, she is praised by the community as a proactive philanthropist. Today, she is a savvy investor and donor, directs trading on an investment hotline, and knows the personnel and operations of each charity she is involved with. Hard work is the reason for her success. "I don't want to go backwards. I don't want to sleepwalk through life again," she said.

Whenever Susan talks about her life, she always adds, "Thank God for His guidance and a lifetime of comfort". As a Catholic, she is

grateful for God's gifts. She was born in Hong Kong in 1924 to a well-off family. Her father had a wholesale pork business in Sheung Wan Market. Even when the Japanese occupied the territory during World War II, she didn't go hungry. She was a student at the Southwest junior middle school and after graduating from grade 9, continued on at a school that later became Sacred Heart Canossian School. When the school was closed down nine months later because of the occupation, Susan studied Japanese and later worked in the Bank of Yokohama in Hong Kong.

By comparison, Susan's husband, Mr. Leon Wong, had a difficult childhood. Leon was born in Jamaica in 1919. When he was three years old, following Chinese custom at that time, his father sent him away to their ancestral hometown in China to be raised by his grandparents. Later he was dispatched to Hong Kong, where he was admitted to Wah Yan College. Every day he rode a train from Tai Po to Hong Kong Island to attend school. "He missed his parents, his fifteen brothers and sisters in Jamaica. He wrote many letters home hoping to return to Jamaica," said Susan. Leon had a lonely childhood, unlike Susan, who grew up in a loving family.

After Leon graduated from high school in 1937, he was accepted to university but could not afford the tuition. Later he got a job as a junior secretary to the prominent Ho Tung family in Hong Kong, and it was Ho Tung's wife who recommended him for a job with the Hong Kong Shanghai Banking Corporation in 1941.

When the Japanese occupied Hong Kong, the British bank temporarily closed its operations. Leon was transferred to the same Japanese bank where Susan was working, and they got married eight years later. Susan recalls, "At that time, there were six people courting me. The reason why I chose him was not for his wealth, nor his looks. It was because of his good character and even

temperament." Susan is happy that she found her true love and very proud of their long and happy marriage.

When Leon got married, he was working as a teller at HSBC, earning a monthly salary of four hundred Hong Kong dollars. Over the next thirty years he was promoted step by step until he became the top Chinese manager. But he was not treated equally in compensation as other British managers. In 1972 he decided to retire. "I was delighted, because his retirement meant that we could travel the world." Even though her husband retired in the prime of life, Susan said that she was not worried. Being with her beloved husband was more important than anything: "Except when he was working, we did everything together, swimming, walking, and Tai Chi." Altogether the couple travelled around the world four times.

In October of 1972, when they returned to Hong Kong after a long trip, Leon bought a brokerage license for stock trading. "He liked to analyze the stock market," said Susan, who still remembers her husband's investment skills. In fact, Leon earned more money buying and selling stocks than he did from his bank salary. At that time, they had a domestic helper who was in a difficult financial situation. Leon used her money, three thousand Hong Kong dollars, to invest in stocks on her behalf. He then bought real estate in Macau with the profits. With dividends, the sum grew to a million dollars over the course of eleven years.

In her 50-year marriage, Susan never had to worry about money: "I was carefree, I didn't have to worry about anything. The most I did was give money to our housekeepers for groceries, and to buy things on credit at the department store." However, her husband's financial aptitude deeply influenced her. She said: "People must manage their finances. Otherwise, wealth will not come their way." But money if not spent is meaningless: "Money is earned to be spent. If you don't

spend it, it's not yours. When you need to spend, spend. When you need to save, save." Susan said she and her husband shared the same concept of money.

Leon also understood the importance of philanthropy and how to use money most effectively. Leon worked in only two occupations his entire life. After working more than half a century, in 1993, he retired on the advice of his wife. The couple then moved to Toronto as retirees, where they donated to many charities in the Chinese community, such as Mon Sheong Foundation and Yee Hong Centre for Geriatric Care. Later they established a postgraduate scholarship in Economics at the University of Toronto to fund outstanding students. "At the time [my husband] was unable to go to college because of poverty. So today I hope to help others," said Susan.

Susan always believed that her husband was healthier than herself. But in 1999, after they celebrated their golden wedding anniversary, eighty-year-old Leon was admitted to the hospital for what was supposed to be a routine gallstone operation. When complications arose during surgery, he was sent to the intensive care unit. He died four days later, after Susan promised him: "Don't worry, I will take care of your assets."

In the face of this tragedy, Susan blamed herself and was overwhelmed by loss. Even after nineteen years, she is still emotional about it. "If I hadn't insisted we move to Canada, he would have been treated in a Hong Kong hospital," she said. For two years after her husband's death, she lived with terrible grief, unable to see anyone. When people called on the phone, the first sound of their voices would send Susan into tears. She would often go to the cemetery to visit her husband. After receiving grief counselling for a year, she was calmer, but her eyes had deteriorated

because she had cried so much.

In the early morning of September 11, 2001, when Susan saw the horrific scene unfolding in New York, she was both saddened and shocked. At that moment, she made a promise to her late husband: "I've been awakened. From now on, I will stand up and be a useful person. For decades I lived life in a blur. Now I will do things to help others." Susan had made a commitment to take care of her late husband's property. But in fact, she was not sure if she had the ability to. "How could I understand his business?" she said. She could not read English, nor could she understand the monthly statements and trading contracts of the four investment companies and six banks involved in his finances. However, she resolved to learn. In her study room, she looked over her husband's stack of financial documents. Because her eyesight was poor, she used a large magnifying glass to read. She also had the bank translate the documents into Chinese. And slowly she recognized English words. "Many people patiently taught me. If I didn't understand, I asked 'Why?'. They came to call me 'curious grandmother'", Susan said. Having learnt so much, Susan can now even discuss with her granddaughter whether Facebook stocks are worth buying. All her effort, she says, is due to her commitment that she made to her husband and to herself that she would take responsibility for her own living expenses.

After all this, Susan has not forgotten there are people in need. In the past, she intended on only setting up a scholarship in the University of Toronto's Department of Economics. But because of her husband's death, she went on to establish a scholarship in Public Health in University of Toronto's Department of Medicine as well. The value of the scholarship is more than ten thousand dollars every year. In addition, she has donated to many charities in

the community, including United Way, Yee Hong Foundation, Mon Sheong Foundation, Carefirst, as well as religious groups. Over the years Susan has donated a significant amount, but she does not want to disclose specific figures, because she does not want any publicity. Since 2008, Susan has actively supported senior activities at Carefirst, such as donating to the Carefirst's One Stop Multi-Services Centre. From 2009 onward, she has sponsored Carefirst's annual Charity Gala and its recently developed Mobile Medical Unit.

Some say that rich people aren't uncommon, but charitable rich are few. Friends in the community describe Susan as very generous. She says, "We are all born with nothing and leave the world with nothing." It's not a difficult decision for her to be charitable.

Before donating money, Susan must first understand the operation of the organization, how they plan to use the money, and how significant the result will be. One of her most memorable donations was the 6,000-square-foot Senior Day Care Centre at Yee Hong Centre for Geriatric Care. She also donated a hundred thousand dollars to Mon Sheong's Chinese School. She hopes that her money will help children from every grade excel enough in their studies to receive scholarships, as well as keep interest in Chinese culture alive.

Susan once regretted coming to Canada, but now the knot in her heart has been untied. She believes that it was all God's plan: "If it didn't happen this way, I would not have learnt so many things. I would still be a flower in a greenhouse having accomplished nothing."



胡元豹參議員
Senator Yuen Pau Woo

作者：金綺文

Writer: Annie Qiwen Jin

沈穩智者　元豹效加邦

“元豹”——一個富含中華文化典故的名字

中國金末元初詩人元好問曾在一首《少林》詩中寫道：“我無元豹姿，謾無紫霞想”，自謙沒有“元豹”那樣的條件，不敢有入道成仙的妄想。詩中“元豹”這一典故，出自漢代《列女傳》，陶答子之妻以南山元豹（又作玄豹）雨霧天連續7天躲避山中不覓食，將其皮毛養護得光澤亮麗，並躲避天敵的故事，勸誡其夫勿貪戀世俗金錢和權勢而惹禍上身。後世文人常用“南山元豹”比喻飽有才學卻隱居遁世、有所不為的人。

“胡元豹”就是這樣一個具有深厚中華文化典故的名字。胡元豹其人則既有中華傳統文化中的務實和謙謙君子之風，又有現代西方文化裏的自信和大膽。胡元豹的父親是在馬來西亞出生的第二代華裔，但畢生堅持將祖籍中國廣東順德視為故鄉。在胡元豹眼中，父親是一位“傳統儒學的堅守者”，他從父親那裏受到不少中華傳統文化的熏陶。胡元豹母親的家族從中國移居到馬來西亞已有數代人，她身上既彰顯出中國傳統文化的本源，又體現出馬來文化甚至西方文化的特色。胡元豹説母親將“對未知領域和新事物的求知好奇心以及開明心態”遺傳給了他。

在這樣一個多元文化家庭與社會環境中長大的胡元豹，在

新加坡英華學校（Anglo-Chinese School）接受中小學教育，16歲時獲得獎學金遠赴重洋到位於加拿大卑詩省的太平洋萊斯特·皮爾遜聯合世界書院（Lester B. Pearson United World College of the Pacific）就讀，之後又前往英國劍橋大學和倫敦大學繼續深造，可謂深得中西方文化精華的滋養與不同教育理念的啟迪。

也正是基於家庭與教育的影響，身在加拿大的胡元豹，始終對中華文化保持深深眷戀和自豪感。2012年他參與創立“中華環球：溫哥華中華藝術和文化促進協會”，並於2014年開始擔任會長。“中華環球”以加拿大通向太平洋和亞洲的門戶城市溫哥華為基地，通過舉辦文化與藝術展覽推廣中華文化，促進跨國交流與理解。中華環球成立當年就協助溫哥華美術館成功舉辦了名為“紫垣擷珍（紫禁城：中國皇帝宮殿中的珍寶）”的展覽，向加拿大民眾展示了許多珍貴的故宮文物。在為期3個月不到的展覽時間，觀眾人數高達15萬人次。

“知行合一”與冒險精神

2016年10月30日，53歲的胡元豹被加拿大總理任命為聯邦參議院的參議員，當天也是他父親去世兩周年的忌日，他在自己的Facebook上寫道：“父親所篤信的儒家理念，其實正與加拿大的立國理念不謀而合：和平、秩序與良政。若是父親知曉我將到參議院任職，他一定會感到非常欣慰，也一定會認為這

是一個公民最崇高的事業。”

成為參議員之前，胡元豹在學界和商界都已有相當高的聲望。他是加拿大亞太經濟和政策，以及加拿大與亞洲關係領域的知名專家，是多個智庫和研究機構的資深研究員，曾擔任加拿大亞太基金會（Asia Pacific Foundation of Canada）及溫哥華總部促進局（HQ Vancouver）等機構的總裁，並曾連續10年擔任加拿大駐太平洋經濟合作理事會（PECC）的代表。

胡元豹步入政界，似是因循了儒家“學而優則仕”的傳統。不過在知天命的年紀，離開舒適的職業環境，以華裔身份進入最高立法機構工作，需要極大的勇氣和責任感。胡元豹沒有象南山元豹那樣將才華藏起來明哲保身。他身上既有西方文化中的冒險精神，又兼具中華特色的“知行合一”理念與家國情懷。他說：“我一直很重視思想和學習，但我也是個行動派。我註重培養清晰的思維和遠見，是為了指引行動。我職業生涯中貫穿始終的一個主題，就是引導我所有行為的思想的重要性。”從這個意義上而言，在對公共政策進行了多年研究和探討之後，進入政策的制定和實施領域，將一直以來所研究的思想付諸實踐，對胡元豹而言是再自然不過的過渡。

無懼“親中”攻擊，做自豪的加拿大華人

盡管如此，胡元豹並未指望在政界一帆風順，他做好了準

備迎接困難和挑戰。除了將思想付諸實踐的挑戰，還要應對不同政見者的責難與攻擊。胡元豹的任命消息公佈後，就有一名國會議員反對，他公開評論胡元豹的任命更像是中國政府做出的，因為胡“肯定會一心一意幫中國謀求利益”。這個議員在許多人指責其拿族裔做文章的壓力下向胡元豹道歉，他辯解說自己針對的不是胡的族裔，而是政策傾向。

無獨有偶，不久後另一名國會議員也因胡元豹反對保守黨在參議院提出的一項關於南中國海的動議而指責胡幫中國政府說話。胡元豹的回應很清晰有力：“任何讀過我在南海議題上的演講稿的人都會明白，我所採納的立場，完全是出於為了促進加拿大在亞洲和全世界的利益為核心思想。”

近年來，“親中”越來越容易成為一些加國政客攻擊與自己意見不同的華裔人士的借口，受影響的不僅僅是華裔政治人物，而是整個華人群體。胡元豹認為，中國在當今世界的影響力越來越大，加拿大在世界格局中的定位不可能完全與中國隔離或背離，在某些問題方面，符合加拿大利益的立場可能與中國的立場一致，這是很正常的。他說：“加拿大華人在評論與中國相關的議題時，都會支持加中加強聯繫，這不能通通將他們歸於‘親中’。基於對中國的深厚了解和經驗所提出的意見有益於全民討論，在加拿大理應受到歡迎。加拿大如何應對中國在世界日益增強的影響力，將在一定程度上決定加拿大的前景。就此而言，中國的作用越重要，我們就越需要華人為加拿

大長遠利益考慮而貢獻。"

與此同時，胡元豹也強調，加拿大華人要對自己的身份演變和定位有更加清晰的認識。他說："華人應該為自己的文化傳統而自豪，這與我們的國籍或來源國並沒有絕對關聯。加拿大華人不必倚賴於外部資源來確證自己的中華文化背景身份。同樣地，華人也無須為了融入加拿大'主流'而刻意淡化自己的文化傳統。華人在加拿大已有150多年歷史，華人群體本來就是加拿大主流的有機組成。華人應該有勇氣、獨立和自信做自豪的加拿大人，維護、支持和發揚中華語言、文化和傳統歷史。"

2017年9月，他在參議院上任還不到一年，胡元豹當選為無黨派參議員團領袖，他決心帶領同僚致力於聯邦參議院的改革，讓參議院在加國民主政治中發揮更積極的作用。被外界稱為政壇"新手"(newbie)、此前也曾自嘲是個"書呆子"(egghead) 的胡元豹，並沒有顯示出青澀與遲疑，他在將美好思想付諸行動的路途中，如同一只黑豹，沈穩、敏銳又矯健。



2016年12月9日，胡元豹宣誓就職成為
加拿大聯邦參議員
Woo being sworn in as a Canadian Senator.
December 9, 2016.



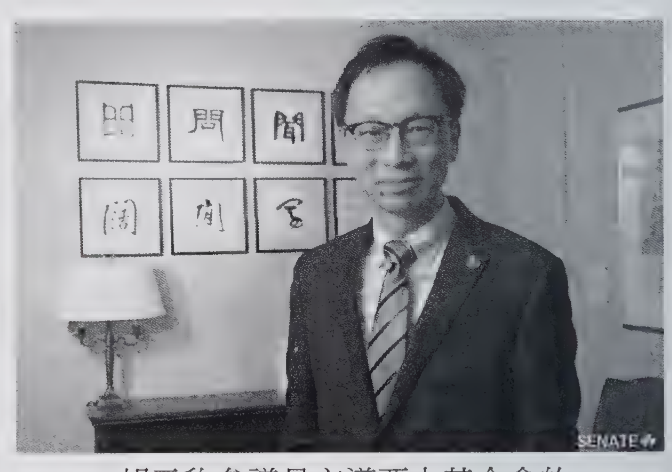
胡元豹參議員到訪北京參觀故宮博物院
（2014年）
Visiting the Forbidden City in Beijing, China in 201



胡元豹參議員在國會山與若干參議員及嘉賓共慶農曆新年（2017年2月）
Celebrating Lunar New Year on Parliament Hill with some Senators and guests. February 2017.



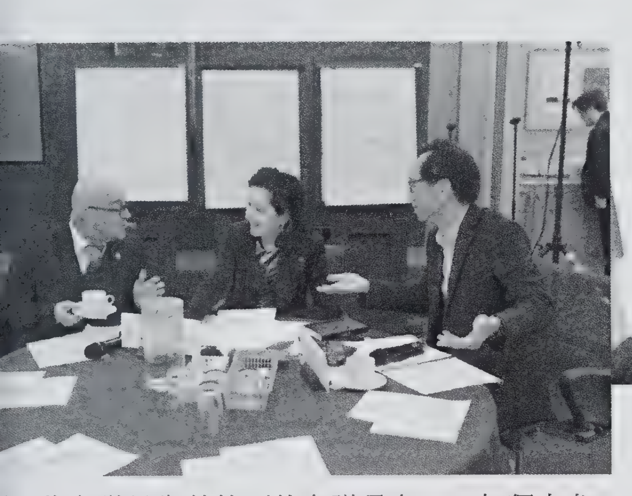
胡元豹參議員在母校太平洋萊斯特・皮爾遜聯合世界書院發表演說（2016年）
Speaking as an alumni at Pearson College UWC Global Affairs Session in 2016.



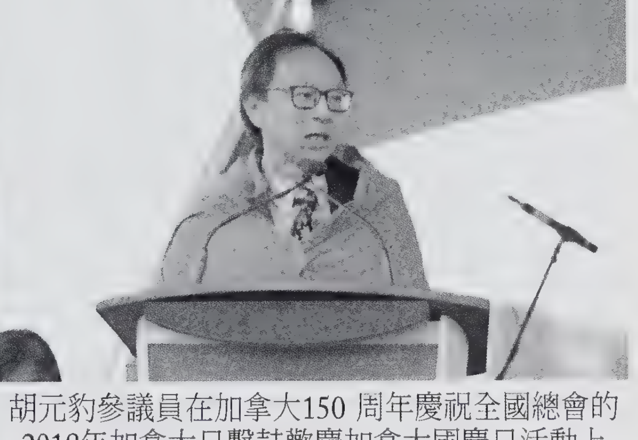
胡元豹參議員主導亞太基金會的
"Gateway Calligraphy" 項目
Senator Woo with Gateway Calligraphy Project of
The Asia Pacific Foundation of Canada.



胡元豹參議員在阿爾伯塔省出席加拿大華人聯合行動基金會2017年成立慶典活動
Celebrating launch of ACCT (Action Chinese Canadians Together) Foundation in Calgary, Alberta, in 2017.



胡元豹參議員與其他兩位參議員在2018年獨立參議員團冬季團會活動中
Senator Woo with two other Senators at the Independent Senators Group Winter Retreat in 2018.



胡元豹參議員在加拿大150 周年慶祝全國總會的2018年加拿大日擊鼓歡慶加拿大國慶日活動上致辭
Speaking at The Legacy 150 Celebrations Society 2018 Canada Day Drumming Celebration



胡元豹參議員參訪中國海南省（2015年）
Visiting Hainan Province, China in 2015



胡元豹參議員在2017年維多利亞論壇上致辭。
Speaking at the 2017 Victoria Forum, "Canada @150: Promoting Diversity & Inclusion."

Senator Yuen Pau Woo

Senator Yuen Pau Woo has a Chinese name that is rich in Chinese cultural heritage. Yuen Pau meaning 'black leopard' alludes to a story from the Han Dynasty describing a leopard in Nan Shan (South Mountain) which hid in the mountains for seven days from the rain to keep its beautiful black fur shiny and bright. This leopard was later used as an allegory for scholars who live in seclusion to avoid political strife. With such a legendary story behind his name, Senator Woo possesses both the pragmatism and modesty of Chinese traditional culture, and the confidence and boldness of Western modernity.

Yuen Pau Woo's father was a second-generation Chinese born in Malaysia, who retained a spiritual connection to his 'ancestral village' in Shunde, Guangdong, China. The family later moved to Singapore, where Yuen Pau grew up. A hard worker and a Confucian throughout his life, Yuen Pau's father influenced his son deeply with his values and beliefs. His mother's family had moved from China to Malaysia for several generations and she embodied traditional Chinese culture with Malay and Western influences. Yuen Pau said he inherited from his mother "a sense of curiosity and an openness for wonder".

Yuen Pau grew up in this multicultural environment and received

primary and secondary education at Anglo-Chinese School in Singapore. At the age of sixteen, he received a scholarship to study at Lester B. Pearson United World College of the Pacific in British Columbia, and then continued his graduate studies in the United Kingdom, attending the University of Cambridge and the University of London. His traditional upbringing and world class education further rooted Yuen Pau in the essence of Chinese and Western cultures.

As a result of these influences, Senator Woo has always maintained a deep attachment and pride in Chinese culture. In 2012, he co-founded "China Global: The Vancouver Society for Promotion of Chinese Art and Culture" and started his tenure as president in 2014. Based in Vancouver, as Canada's gateway to the Pacific and Asia, China Global has promoted international understanding by organizing art exhibitions to promote Chinese culture. After China Global was founded, it helped Vancouver Art Gallery hold an exhibition of rare and precious artifacts - The Forbidden City: Inside the Courts of Chinese Emperors. The exhibition lasted three months and as many as 150,000 people attended.

On October 30, 2016, 53-year-old Yuen Pau Woo was appointed as an independent senator by the Prime Minister of Canada. That day was also the second anniversary of his father's death. He wrote on his Facebook page: "(My father) was an old-fashioned Confucian who believed in a Chinese version of the Canadian ideal: peace, order, and good government. Which is why he would have appreciated my

appointment to the Canadian Senate, and would have considered it the highest calling for a citizen."

Before becoming a senator, Yuen Pau had a highly regarded reputation in both academic and business circles. He is a well-known Canadian expert in Asia-Pacific economics, policy and relations between Canada and Asia. He is a senior researcher in several think-tanks and research institutions. He has served as President and CEO of Asia Pacific Foundation of Canada, President of Vancouver Headquarters Promotion Bureau (HQ Vancouver), as well as served on many boards for non-profit organizations. He is Chair of the board for the Vancouver Academy of Music. Yuen-Pau also served as the representative on the Pacific Economic Cooperation Council (PECC) for ten consecutive years. In 2012, he was recognized with the Queen's Diamond Jubilee Award for his contributions to Canada-Asia relations.

Yuen Pau Woo's entry into the political world would appear to fulfill the Confucian tradition of "public service follows academic excellence." It takes great courage and a sense of civic responsibility to leave a comfortable professional environment for a life as a political and civil servant under public scrutiny. But Yuen Pau has a Western-style adventurous spirit and he also believes in putting knowledge to action. Senator Woo believes very strongly in the importance and power of ideas. He says,"......I am also action-oriented. I place a lot of value on the development of clear thinking and far-sighted vision as a way

to come up with good actions. All of my professional experience, the different jobs that I had.... the common theme in my career has been the centrality of the ideas that have been shaping the actions that I've taken." After years of research in public policy, serving in the Senate and putting his ideas and knowledge to action is a natural extension of Yuen Pau's life work.

The transition to public life was not without challenges. In addition to the intrinsic difficulty of putting ideas into practice, personal attacks had to be dealt with. When Senator Woo's appointment was announced, there was objection from a member of parliament, who claimed that his appointment demonstrated foreign influence, and that Senator Woo would act in favour of the People's Republic of China. Later this member of parliament apologized to Senator Woo under public pressure and charges of racism.

Senator Woo was also accused of helping the People's Republic of China when he opposed a motion on South China Sea. Senator Woo responded with clarity: "Anyone who has read my speech on the South China Sea issue will understand that the position I have adopted is entirely based on the guiding principle for promoting Canada's interests in Asia and the world."

In recent years, accusations of being "pro-China" have become convenient rationales for some Canadian politicians to attack Chinese-Canadians who hold different opinions. This not only has an impact

on Chinese Canadian politicians, but it also affects the entire Chinese-Canadian community. Senator Woo believes that China's influence in today's world is growing. In a globally interconnected world, Canada cannot always be separated or isolated from China. He feels that naturally there are some issues on which a Chinese position could be very much aligned with Canadian interests. Senator Woo says, "Chinese Canadians speaking out on issues related to China and expressing support for Canada's deeper engagement with the Peoples Republic should not be stereotyped as 'pro-China'. Opinions that are based on deep knowledge of and experience in China should be welcomed as contributions to a national debate rather than cast aside because of lazy assumptions about the Chinese Canadian community. Canada's outlook will be shaped in part by the country's response to the growing influence of China in the world. In this respect, Chinese Canadians who can contribute to thinking about the longer-term interests of Canada vis-a-vis China have a vital role to play".

At the same time, Senator Woo stresses that Chinese Canadians should have a clear understanding of their identity and their evolving roles in society. He says, "Chinese Canadians should be confident in their cultural heritage, which is not dependent on nationality or country of origin. They should not have to rely on external sources to validate their identity as Canadians of Chinese background. Likewise, they should not have to downplay their heritage in order to join the Canadian 'mainstream. In fact, the Chinese community has had a significant

presence in Canada for over 150 years, and it is an integral part of the Canadian mainstream."

In September 2017, having served in the Senate for less than a year, Senator Woo was elected as the Facilitator of the Independent Senators Group. He is determined to spearhead the work on Senate reform, allowing the Senate to play a more active role in Canadian democracy. Senator Woo, known as a "newbie" in politics, has jokingly called himself an "egghead". But he has none of the awkwardness that characterizes a newcomer. Just like a graceful leopard, steady and sharp, he has already sprung forward to put good ideas into action.



余瑞心女士
Ms. Winnie Yu

作者：陳筱苓

Writer: Shirley Chan

隨遇而安　把握機會

排舞豐富人生

2008年余瑞心為孟嘗會籌款，開了一個馬拉松排舞派對，來了九百人，九小時籌了一萬八千元，同場臨時為「四川地震」籌款，二十分鐘內再為紅十字會籌了一萬元，創下了加拿大排舞籌款的紀錄。

這種在美加流行的集體舞蹈，余瑞心移民來加後旋即愛上，全心投入，積極向華人社區推廣，更將之轉化成服務社會的集體力量。二十年來她為不同社區組織義務教授排舞班、義演或舉行慈善派對，一呼百應，贏得「慈善舞后」之譽。

有人謂余瑞心的經歷是一個傳奇，之前在香港為事業打拼，一心想着在加拿大坐滿三年「移民監」後回流，想不到最終卻留下來做義工；在香港從未學過跳舞，卻在多倫多成為華人社區裏最廣為人知的排舞老師。「我的人生可以分為兩個章節，在香港做生意是第一章，在多倫多跳排舞是第二章。」余瑞心這樣形容她的人生。兩個章節看來截然不同，但憑着信念和投入，一樣開花結果，成績斐然。

隨遇而安　把握機會

余瑞心的第一章是很典型的香港經歷，父母從中國移居香港後，家中一無所有，她早早便嚐過貧窮的滋味：「我們試

過到酒樓拿用剩的食材回家煮來吃。」這個三、四歲時的經歷余瑞心還歷歷在目，到父親經營包伙食的生意時，家庭環境改善，每逢傳統節日，他們在鄰里間倒成了捐出食物的人。她記得派食物時，父親這樣跟她說：「你現在做『派』的那個人，不好好讀書就會成為『領』的那個人。」但少年的她心裏想：無論是派或領都是天意，這樣的安排只有接受，領的人自己也不想這樣。

事實上，余瑞心也是這樣去面對自己的際遇。唸至中六時，爸爸認為身為長女的她應該輟學幫補家計，讓家中成績較好的兩個妹妹讀下去。余瑞心雖然不高興，但也認命：「讀不讀無所謂，隨遇而安，不開心也要接受，出來社會工作也是一個機會。」

為了方便照顧家庭，余瑞心去了附近的水晶燈飾店工作，在那裏認識了一同打工的丈夫。七十年代香港經濟起飛，她在這些奢侈品的生意上看到了商機，努力學習，幾年後和丈夫自立門戶做水晶燈生意，結果生意越做越大，至九十年代已自設廠房，員工三十多人，產品出口中國內地和亞洲，但為了當時一子一女的教育，一家人91年選擇移民加拿大。

學習排舞　全心投入

習慣出差洽談生意的余瑞心，坦言移民後的家庭主婦生活非常沉悶：「第一年已經想走。」閒時只有到附近的小學圖書館當義工，為了不想留在家裏，她開始參加太極班，93年再

去學排舞，一學就覺得很有興趣，也發覺自己很有天賦：「老師教完一次，大家下課時已記不了舞步，我在電梯口就再教一次。很多人跟不上拍子，我就將自己的理解向同學解釋。」結果余瑞心學了七個月就被老師派出去表演。

94年同學鼓勵她去頤康中心當義務老師開班教排舞，學費每課七元，全部捐給頤康，半年後籌了四千七百元，以後她就為不同的非牟利機構開班教跳舞，全盛時期一星期教十五班。而為了令學生更易掌握舞步，她更自行編舞，將基本舞步盡量編在一首歌中，讓初級班早早掌握。上課之餘，她每天再花三小時搜集資料。「我常常想：怎樣能令不同程度的學生都滿足地離開舞室？有學生自卑地對我說：『老師我很蠢學不好』，我心想教不懂你其實是老師蠢，老師要負責任。」為了令學生更易明白，余瑞心出盡法寶，包括左右腳穿不同顏色的鞋子去上課，讓學生更易記憶舞步。余瑞心編撰的排舞，廣受社區歡迎，2004年更在芝加哥排舞大賽中獲取季軍，成為安省首位獲獎華裔排舞編舞家。

長期跳舞做運動治癒了余瑞心經年的胃病和鼻敏感，也令她的專注力更好，更有意思是這種輕鬆的運動鬆弛了不少移民的壓力。「在這裏有很多『太空人』太太（丈夫不在身邊的太太）都不開心，也不知怎樣解決本身的問題，一起跳舞可以放鬆自己，什麼負面的事都暫時放下，跳完舞想法可能就不一樣了，有學生就跟我說沒有舞跳她要自殺了。」余瑞心總是跟學生在跳舞時說，大家放下所有心事，一起好好地跳。

慈善舞后　一呼百應

余瑞心教舞沒有想過賺錢，也沒有考慮開自己的舞室，「我不想開舞室賺錢，我要自由，可以隨時不幹，不用縛著自己。」不求利益，教跳舞就成了很單純的事，余瑞心也樂意利用這個機會為社區籌款，二十年間她曾為頤康基金會、耆暉會、孟嘗會、協群社區服務中心，華諮處、福慧教育基金會、加拿大糖尿病協會、安省心臟及中風基金、康福心理健康基金會、YMCA、奧比斯眼科飛機醫院等組織義務教授排舞班、義演或舉行慈善派對，大家花十元八塊參加派對跳上三、四小時，學生出錢，老師和義工出力，機構受益。余瑞心稱只要是正當的非牟利機構她都願意幫忙。余瑞心最滿足的兩次籌款活動分別是2007年為孟嘗會籌款的加拿大馬拉松排舞活動，共有八百人出席，跳足八小時，籌了一萬六千元。翌年再接再厲，人數增加至九百人，九小時籌了一萬八千元，同場臨時為「四川地震」籌款，二十分鐘內再為紅十字會籌了一萬元。由2001年開始，她分別被不同機構提名，六次獲安省政府頒發年度義工獎。

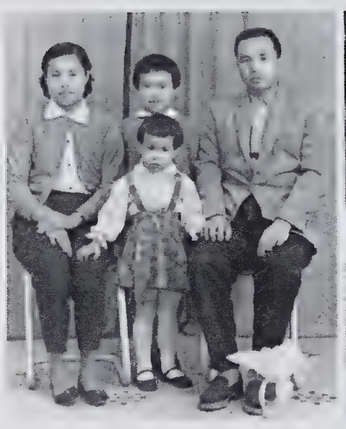
此外，她更推出了排舞DVD示範專輯，為紅十字會、華諮處及孟嘗會義賣籌款，說到這套給學生「溫書」的DVD余瑞心非常自豪，因為約克區的圖書館也買了幾套收藏。她估計二十年來為社區籌得的款項超過三十八萬元。

不怕吃虧　不要計較

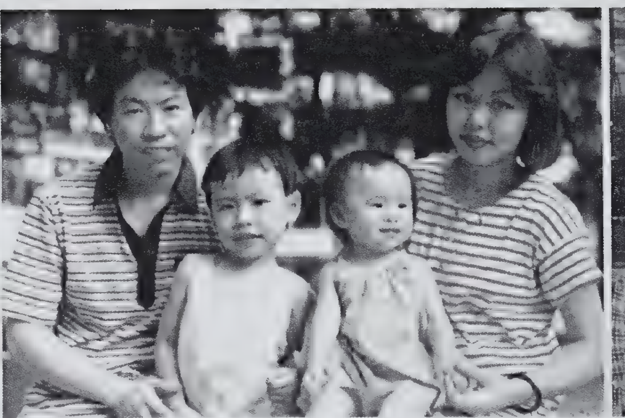
余瑞心教學二十年，桃李滿門，在她門下受訓的老師也多不勝數，能夠培養接班人她稱滿足感很大，而最重要是影響了老師的教學態度：「我讓她們明白做人不需要那麼計較，半斤不一定要拿回八両，有時得到四両的回報也沒有所謂，學生就是學生，要從她們的立場上考慮。」余瑞心認為做人不要太介懷是否吃虧：「今日吃虧，將來的事你不會知道，今日的得，將來可能是失；今日的失，將來可能是得。你跟別人斤斤計較，將來怎會有人願意幫你？」余瑞心教舞時，大家跳得興起，她不介意多教一個半個小時，就算要多付場租也在所不計，「反正我也喜歡跳，那就大家一起繼續跳吧！」以心比心，日後余瑞心籌款時，一舉手人人響應，甚至回流香港的學生也寄支票回來捐助。

余瑞心當年考慮回流，最後隨遇而安留在加拿大，今天回看她絕不後悔：「我在加拿大很滿足，這裏生活質素好，遇到的人也好。」對於面對改變難免失望的新移民，她的忠告是：「隨遇而安，聽其自然。」上天關了一道窗，總會為你開啟另一道，就像她放棄了事業，卻得著了排舞。

余瑞心相信正能量的能力：「每一件事我都想正面的結果，就好像《紅楓傳奇》這個獎項，我想自己是會得到的。」最終獲獎，她打算以最直接的方法去慶祝——開個大派對和學生跳排舞。



與父母及妹妹合照
With parents and one of her sisters (front)



與丈夫Sam，兒子Mark及女兒Vicky合照
With husband Sam, son-Mark & daughter-Vicky



2018年與家人攝於生日會
With family 2018



2005年出版排舞DVD為紅十字會籌款
（左：關國強太極師傅，中：陶佳才先生）
Launch Line Dance DVD
for Red Cross Fundraising - 2005



2017年各團隊老師慶祝推廣排舞
20年慈善籌款舞會
20th Anniversary Fundraising - 2017



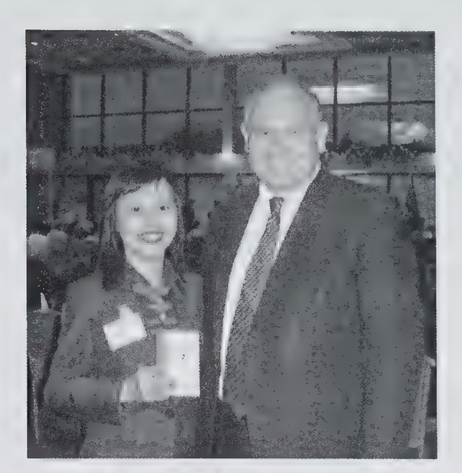
2006年第二次出版排舞DVD為華諮處籌款
（左：梅偉思先生，右：關國強太極師傅）
Launch Line Dance DVD for
CICS Fundraising - 2006



2008年900人九小時馬拉松排舞為孟嘗會籌款$18,000
900 dancers for Mon Sheong Fundraising - 2008



2009年為溫城華埠成立100周年慈善排舞工作坊
Manitoba 100 Years China Town Celebration - 2009



2010年獲萬錦市市長薛嘉平頒十年義工服務獎
10 Years Volunteer Service Award - 2010



2011年為心臟及中風基金籌款
Heart and Stroke Foundation Fundraising - 2011



2013年為奧比斯籌款
OBRIS Fundraising - 2013



2014年康福籌款晚宴與譚智雄醫生（左）及陳威霖醫生（右）
Hong Fook Gala with Dr.Thomas Tam & Dr.William Chan - 2014



2014年康福籌款晚宴與張培德醫生
Hong Fook Gala with Dr. Peter Chang- 2014



2015年獲頒十五年義工服務獎
15 Years Volunteer Service Award - 2015

Ms. Winnie Yu

In 2008, Winnie Yu raised money for Mon Sheong Foundation by hosting a Line Dance Marathon Party. Nine hundred people attended over nine hours, bringing in $18,000. During this event, she spontaneously organized a twenty-minute fundraiser for the victims of Sichuan Earthquake, and an additional $10,000 was donated to the International Red Cross, setting a fundraising record in the line dance community.

Line dancing is a popular pastime in the United States and Canada. Winnie fell in love with it after she immigrated to Canada. She devoted herself to promoting the activity and channelled the collective energy of the Chinese community into supporting charitable causes. For the past twenty years, she has volunteered her time and life teaching line dance, and holding charity performances and events for numerous community organizations. Many call her "Charity Line Dance Queen", and she has truly earned that name.

People might say that Winnie's life story is a legend. She started as a business owner in Hong Kong. Then she immigrated to Canada, thinking she would return to Hong Kong after she obtained her citizenship. She never imagined that in the end she would stay in Toronto to be a volunteer. In Hong Kong she had never learned to dance. But in Toronto, she became the most well-known line dance teacher in the Chinese community. "My life can be divided into two chapters. Running a business in Hong Kong is the first part. Teaching line dancing in Toronto is the second," Winnie said. The two chapters seem to be totally different. But with Winnie's conviction and commitment, the results are equally outstanding.

The first chapter of Winnie's life is a typical Hong Kong story.

Her parents fled with nothing from Mainland China. Winnie experienced poverty firsthand: "We would get leftover food supplies from restaurants, bringing them home to cook and eat." Even today, she has vivid memories of hardship from childhood. Fortunately, her father started a catering business and the family situation improved. During holidays and festivals, their family would give out food to those less fortunate in their community. When Winnie was handing out food, her father said to her, "Now you are the one who is 'giving'. But if you don't study hard and apply yourself in life, you will become the person who 'receives'." The young Winnie thought to herself, "Whether one 'gives' or 'receives' depends on fate, and whatever hand fate deals must be accepted. Those who 'receive' don't wish to be in that situation either."

In fact, Winnie approached a difficult situation of her own with the same philosophy. When she was in the twelfth grade, her father felt she should not pursue higher education in order to help the family's finances and let her two sisters with better grades continue their schooling. Even though she was disappointed, she believed in her own future: "Study or not, it doesn't matter, I have to accept whatever happens and I can make the best of things. Working is also an opportunity."

To be close to her family, Winnie went to work in a nearby chandelier shop, where she met her future husband, a co-worker. In the 1970s, Hong Kong's economy took off. Winnie recognized the opportunities in luxury goods and worked diligently to learn the ropes of the business. After a few years, she and her husband started their own chandelier business. As a result of their hard work and professionalism, their business grew bigger and bigger. By the 1990s, they had set up their own factory with more than thirty employees. Their products were exported to Mainland China and throughout Asia. But, ultimately, for the sake of their children's

education and future, their family chose to leave Hong Kong and move to Canada in 1991.

Accustomed to a busy schedule of business trips and meetings all over Asia, Winnie found life as a housewife in Canada tedious and dull. "After just one year, I wanted to leave," Winnie said. In her free time, she went to a nearby primary school to work as a volunteer in the library. To stay out of the house, she participated in Tai Chi classes. In 1993, she enrolled in a dance class and immediately knew it was her calling. She was a very talented student from the start: "The instructor taught us a new dance routine. After the class was over, none of the students could remember how it went. I was the only one who knew it. So I would go out into the hallway by the elevator and teach them again." After seven months as a student, the dance instructor chose Winnie to perform.

In 1994, her classmates encouraged her to start line dance classes at the Yee Hong Centre for Geriatric Care. Each student paid a fee of seven dollars per class, donated to Yee Hong. After six months, she had raised $4,700. From that point onward, she started teaching line dance classes for various non-profit organizations. Soon she had a full schedule, dancing and teaching fifteen classes per week. In order to make it easier for students to master the dance routines, she designed the choreography herself. Many of the basic dance steps were compiled into a single song, so that the fundamentals could be mastered quickly. In addition to class, she spent another three hours every day researching material that would help her become a better teacher. "I often thought: How could I teach so many students of unequal dancing ability in a single class, so that they're all satisfied with my teaching? Some students lack self-confidence and say: 'Teacher, I'm stupid, I can't learn.' But I think if the teacher can't make you understand, then it's the teacher who is stupid and who

has to bear responsibility."

The line dances that Winnie choreographed are immensely popular in the line dance community. In 2004, she won third place in the Chicago Line Dance Choreography Competition and became the first award-winning Chinese line dance choreographer in Ontario. In the course of her teaching life, Winnie has done a great deal to help her students. For example, she had the novel idea of using shoes of different colours on the left and right feet, making it easier for students to remember the dance steps. Dancing and exercise have benefited Winnie's health, making her digestion issues and hay fever go away, as well as increasing her ability to focus. What is interesting is that this kind of relaxing exercise relieves the pressure for many newcomers to Canada. "There are a lot of women whose husbands are away, who are unhappy, depressed and don't know how to resolve their problems. But dancing together can relax us. Negative thoughts are put aside. A student told me that if she didn't dance, she would commit suicide." Winnie always tells her students to clear their minds, put aside bad thoughts, and focus on dancing together.

Winnie never thought about making money from teaching dance. Nor did she think about opening her own dance studio. "I don't want to make money through dancing. I want to be free. I don't want to be tied down." Without the desire for profit, teaching line dance became a simple matter, and she was very happy to use this opportunity to raise money for the community. In the past twenty years, Winnie has taught dance classes or organized charity performances and events on behalf of the Yee Hong Centre for Geriatric Care, Carefirst, Mon Sheong Foundation, S.E.A.S. Centre, CICS, Fuhui Education Foundation, Canadian Diabetes Association, Ontario Heart and Stroke Foundation, Hong Fook Mental Health Foundation, YMCA, Orbis Flying Eye Hospital

and other nonprofit organizations. Typically, participants spend $8 to $10 to dance for 3 or 4 hours in a party. The students enjoy paying for instruction and helping out a charity. The teachers and volunteers contribute their time and expertise, and the organization benefits. Winnie always says that she is willing to help as long as there is a legitimate need.

Winnie's proudest fundraising activities include the dance marathon for Mon Sheong Foundation in 2007. A total of eight hundred people attended the event, dancing for eight hours, raising $16,000. In the following year, nine hundred people attended, raising $18,000. An impromptu fundraising activity during this event for the victims of Sichuan Earthquake raised $10,000 for Red Cross in just twenty minutes. Since 2001, Winnie has been nominated by various institutions and awarded the Annual Volunteer Award six times by the Ontario government.

Additionally, Winnie also launched a set of instructional dance DVDs to raise funds for Red Cross, CICS and Mon Sheong Foundation. Winnie explains that this set of DVDs will help her students review and practice. She is proud of this achievement, especially because the collection of DVDs was purchased by York Region Library. She estimates that over the last twenty years she has raised more than 380,000 dollars for the community.

In twenty years, Winnie has garnered a very large following of loyal students. Among these, she has also trained countless excellent teachers. Training successors to continue her legacy gives her great satisfaction. For Winnie, the most important thing is to influence the teacher's attitude: "I want them to understand that they should not be petty in their thinking. If they put in a pound, they shouldn't expect to always get a pound back. Even if they get half a pound in return, it's not so bad, and it doesn't matter. Students are students, look at it from their perspective." Whether one wins or loses, do

not be overly concerned: "Today one may lose. But what do you know about the future? If you win today, you may lose tomorrow just as easily. If you lose today, you may win tomorrow. If you are petty with others, they will not help you when you need them." During a dance class, when her students are excited and into it, she is happy to spend more time in the studio with them, even if she has to pay extra for the studio space. "I like to dance anyway, so we can all keep dancing together!" She wins the hearts of others with her own caring attitude. Whenever Winnie raises money, everyone responds with a helping hand. Even students who have moved to Hong Kong often send back donation cheques.

In the past, Winnie had thought about returning to Hong Kong, but she ultimately stayed in Canada. Today, she does not regret it at all. "I am content in Canada. The quality of life here is good, and the people I meet are all very nice." To newcomers who face difficulties in their daily lives, her advice is: "Adapt to your circumstances. Take whatever that comes in stride." If a door closes, another will open. Just like Winnie, who gave up her business career, only to find a new and better one in the art of line dancing.

Winnie believes in positive energy: "I always think on the bright side of things. Just like the 'Chinese Canadian Legend Award'. I always thought I would get it!". Finally, Winnie has been recognized for her contribution, and she intends to celebrate in the most fitting way -- a big dance party with her students.

不要計較 同創傳奇

陳筱苓
紅楓傳奇作者

加拿大謀生並不容易，新移民尤其艱難，賺錢機會不多，開支卻排山倒海而來，人人都要學着過精打細算的日子，久而久之，我們都會計算付出的「半斤」，是否收回「八両」；為什麼我們要將辛苦賺來的錢捐出去？工作以外的額外事情為什麼要去幹？

2018年的「紅楓傳奇」，我負責採訪三位得獎人物——陳飛鵬醫生、黃黎浣纖女士及余瑞心女士，在採訪過程中黃女士和余女士都不約而同地跟我說「做人不要斤斤計較」，黃黎浣纖女士多年來在社區捐出巨款支持各間慈善機構，但訪問時，會不忘伸手關掉不用的燈，使用的紙張如果太大，也要將它裁半，這都貫徹她的理財原則——「應慳得慳，應使得使」，但對於捐助有意義的計劃卻毫不吝嗇，絕不斤斤計較。

另一位受訪者慈善舞后余瑞心女士，二十年間為各慈善機構義務教授排舞班、義演或舉行慈善派對，她掛在口邊的也是「不要斤斤計較」，勸人不要太介意吃虧，為別人多做一點事算不了什麼。她相信得失不在眼前：「今日的失，也許是明日的得。」

陳飛鵬醫生的行事同樣不計個人利益，多年來在老人科的貢獻也是超乎職責以外，他總是想出各種計劃去為病人謀求福祉，勞心勞力地去推行，沒有計較自己的回報。就是這種不問收獲的心態，三位獲獎人士在社區裏各有建樹，成就了不可能的事情，實現了「你我同心締傳奇」的願景。

你我同心締傳奇

何湯淑芬
紅楓傳奇編輯

生活在群體中，成與敗，不僅是一個人可以創造，都是互相影響，互相成就。

今屆的紅楓傳奇人物，有些是得到父蔭，有些是配偶的鍾愛，有些是得遇伯樂，有些是碰到一群志同道合的團隊，有些是適逢其時，當然還要加上個人的努力，但都不是孤身上路，而是有著相伴同行的人。

因此今天獲獎的紅楓傳奇人物不單是六個，而是六個群體。得獎的人固然值得恭喜，身邊的人也是同沾榮耀，值得一齊慶祝。

所以華商網絡協會，不單將各位得獎人的故事集結成紅楓傳奇一書，更特意舉辦紅楓傳奇頒獎的盛會，讓每個得獎的群體都能分享這份喜悅、光榮和肯定。

來年將是紅楓傳奇頒獎典禮二十周年，希望到時大家都能蒞臨，見証一個加拿大難得的盛會。

編輯委員
EDITORIAL COMMITTEE


You and Me Let's make Legends together
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Chinese Canadian Legend
2018
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CANADA 150
紅楓傳奇
Chinese Canadian Legend
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第十八輯 Volume 18


紅楓傳奇
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